

Chicken Curry

2 chicken breasts
2 tablespoons oil
1 onion
1 clove of garlic
1 level teaspoon ground ginger
1 rounded tablespoon of curry paste/powder
Tin of chopped tomatoes
1 tablespoon tomato puree
Stock cube

Optional - spices

Peppers or any other vegetables you fancy

Fresh herbs, coriander/parsley

Method

1. Make the stock with $\frac{1}{4}$ pint of water. Measure out and prepare all ingredients. Peel and chop the onion and garlic. Open the tin of tomatoes.
2. Fry the onions gently until brown. This will take around 10 minutes.
3. Chop the chicken into bite size pieces and fry. Break a piece in half to check it's cooked through then add garlic and any other vegetables.
4. Add the curry paste/powder and ginger. Fry for a couple of minutes then pour in the stock and the tinned tomatoes.
5. Bring to the boil stirring continuously.
6. Once boiling, turn down the heat (number 1) and simmer for about 20 - 30 minutes.