

Easy Chicken Curry

Chris Butler, 2002 (updated 2010)

Yields: one serving

Ingredients:

- ½ an onion, chopped
- 1 clove of garlic, peeled and crushed
- 1½ level tablespoons Lalah's (available from ethnic grocer) Madras curry powder
- 1 diced, skinless chicken breast half
- 40 ml water
- ½ tablespoon olive oil
- 1 tsp jarred ginger
- Ground black pepper
- Dried chilli peppers
- Frozen peas
- ⅔ tomato, diced
- Malt vinegar (not white)

Fry the onion in a small saucepan until brown.

Add the crushed garlic, curry powder, tomato, chicken, peas, black pepper and chilli peppers to taste, 1 or 2 sprinkles of malt vinegar (not too much) and water.

Bring to boil, cover and simmer for 40 mins.

Serve with boiled rice and Sharwood's Major Grey Chutney. Yummy, it tastes great!