

Easy Chicken Curry

You may well think I am obsessed with Curry, but you will remember I was reared on it! This one is a favourite, and from my favourite, but sadly missed chef Gary Rhodes. The cooked potatoes really add to this, I think. A good option for a school-night, or a night in!

Ingredients

4 chicken breasts, sliced
2 onions, sliced
2 tablespoons of olive oil
2 cloves of garlic, sliced
2 tablespoons of curry powder (Hot for me, and the cream will take the heat out)
1 tin of evaporated milk
1 tin of cooked potatoes
Salt and pepper

Method

Heat a frying pan with the oil to a medium-high temperature, and then add the onions. Fry for 5 – 6 minutes, and add the garlic. After 2 minutes, add the curry powder, and stir for a further minute.

Season the chicken well before adding to the pan, and then brown the meat. After this, add the evaporated milk, reduce the heat in order to avoid it splitting (!) and simmer for 10 min. After this point, add the tinned potatoes (draining them, obviously....!) and cook for a further 10 min.

Serve with rice, naan, or whatever takes your fancy!