

Chicken curry

INGREDIENTS

- 150 g chicken breast / *keep one whole*
- ½ tablespoon curry powder
- 1 small onion
- 1 sliced tomato
- 5 karipoulay leaves - *Bay leaves ok.*
- 15 g fresh coriander
- Crushed garlic and ginger *in oil*
- 1 tablespoon oil for cooking
- 60 ml water
- salt & pepper

METHOD

- Slice the chicken breast
- Fry the chicken in oil
- Add onions, crushed garlic and ginger
- Add curry powder, tomatoes, karipoulay leaves
- Add water, cover and cook for 10 mins
- Add salt and pepper to taste
- Finish with coriander leaves
- Serve hot with plain rice