

Swap your Takeaway FOR A Fakeaway!

FAKEAWAY CURRY

(SERVES 4)

Here's what you'll need:

450g raw skinless chicken breast
cut into bite sized pieces



OR

Chicken thigh meat cut into bite sized pieces

OR

Cashew nuts



OR

Low fat paneer



OR

Tin of chickpeas



Spray oil

1 onion, peeled and roughly chopped



2 garlic cloves, peeled and crushed



½ jar curry paste

1 red pepper de seeded and diced



1 tablespoon of tomato paste

400g tin of chopped tomatoes



2 tablespoons of fresh coriander chopped

**Remember to wash your hands
thoroughly after handling raw chicken**

Here's how to make it:

1. Prepare all of the ingredients (eg chop the onion, garlic etc)
2. Spray a large frying pan with the oil and add the onions. Cook over a medium heat until golden
3. Add the garlic and stir but don't allow to brown
4. Add your choice of chicken or cashew nuts or paneer or chickpeas, then add the diced red pepper to the pan. If you're using chicken, cook it until it turns white and the peppers have softened
5. Add the curry paste and cook for 1 minute to cook off the spices
6. Add the tomato paste, chopped tomatoes and 200ml of water to the frying pan
7. Bring to the boil then turn the heat down to a gentle simmer and leave uncovered to cook for around 15 minutes, stir occasionally
8. If using chicken, check to make sure it's cooked – cut into a thick chunk and make sure it is cooked through with no pink showing
9. Season to taste with a little salt, pepper and sprinkle on the coriander

Serving suggestion:

Serve with wholegrain chapattis, pitta bread, rice or a side salad

