

Weeknight Chicken Curry

Family-friendly and easy enough for a busy weeknight. Serve with boiled rice or warm naan bread.

Nutritional Info (per serving): 639 calories, carbs 33g, fat 21g, protein 74g



Photo by Charles Deluvio on Unsplash

Ingredients (serves 6)

- 1 chicken, about 1.5kg, jointed into 6 pieces
- 2 tablespoons vegetable oil
- 2 large onions, finely chopped
- 3 garlic cloves, finely chopped
- 2 tablespoons curry powder or paste
- 500ml chicken stock
- 1 tablespoon tomato purée
- 1/2 teaspoon sugar
- 2 tablespoons Greek-style yoghurt
- salt and freshly ground black pepper
- chopped fresh coriander to garnish

Method¹

1. Remove the skin from the chicken joints, if preferred, and season them with salt and pepper.
2. Heat the oil in a deep-frying pan or flameproof casserole. Add the chicken and brown it on all sides for 6–8 minutes over a medium heat. Remove and set aside on a plate.
3. Cook the onions in the pan for 5 minutes until golden brown, stirring regularly. Add the garlic and curry powder or paste and cook, stirring, for 1 minute.
4. Add the stock, tomato purée, sugar and seasoning. Mix well and add the chicken. Bring to the boil, then reduce the heat, cover and simmer for 45 minutes or until tender, turning the chicken pieces halfway through cooking.
5. Remove the chicken to a serving dish using a draining spoon. Heat the sauce over a high heat for 2–3 minutes until reduced and thickened. Take the pan off the heat and stir in the yoghurt. Check seasoning, then pour the sauce over the chicken. Scatter over the chopped coriander.



GALLANACH

¹ Recipe from Maggie Pannell on allrecipes