



Baking with ENE

CHICKEN CURRY

Ingredients:

- 3 small Onions
- 5 cloves of Garlic
- Handful of fresh coriander
- 3 chicken breasts
- 3 heaped tsp curry paste, e.g. Rohan Josh
- 1 ½ large tins of chopped tomatoes
- 3 large handfuls of spinach
- Naan breads

Method:

1. Peel the onion and garlic. Grate or finely chop the garlic.
2. Finely chop the onions into small chunks.
3. Finely chop the fresh coriander.
4. Slice the chicken breasts into bite size chunks and set aside.
5. Put a small amount of oil into a pan. Fry the onions and garlic until softened. (You can add the coriander now or just before serving.)
6. Add the curry paste, stir and fry off for 2 minutes.
7. Add the chicken and coat in the paste. Cook the chicken for 5 minutes to seal in the flavour.
8. Add the chopped tomatoes and stir. Leave to simmer for 35 minutes. Add the spinach and cook for a further 5 minutes.
9. Place naan breads under the grill according to packet instructions.
10. Serve with pilau rice and naan bread.

