



Chicken and tomato spiced curry

Serves 4

5 mins to prepare and 25 mins to cook

Ingredients

2 tbsp vegetable oil
450g chicken breast, cut into cubes
1 onion, chopped
1 red pepper, deseeded and sliced
2 garlic cloves, finely chopped
1cm piece ginger, peeled and finely chopped
2 tbsp Madras curry paste
400g tin chopped tomatoes
300g basmati rice
handful coriander, chopped, to serve

Method

1. Heat 1 tbsp of the oil in a large flameproof casserole dish set over a high heat. Working in batches if necessary, cook the chicken for 5-7 mins until golden and just cooked through, then remove and set aside.
2. Put the remaining oil in the dish. Add the onion, cook for 3 mins until soft, then add the red pepper and cook for 2 mins. Stir in the garlic and ginger and cook for 30 secs.
3. Stir in the curry paste until everything is well coated.
4. Pour in the tomatoes along with 200ml water. Bring to the boil, then reduce the heat, cover the dish and leave to simmer for 10 mins until the sauce has thickened a little.
5. Return the chicken to the dish and cook for 5 mins, uncovered, until piping hot and cooked through.
6. Meanwhile, cook the basmati rice following pack instructions. Serve with the curry and sprinkle over the coriander to finish.