



Chicken Curry and Naan

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, peeled and finely sliced
- 1 clove garlic, crushed
- pinch ginger powder
- 200 gram tinned tomatoes
- chicken stock
- 200 gram chicken breast, sliced
- 2 teaspoon curry powder
- plain yoghurt
- 130 gram plain naan (one portion)

METHOD

1. Heat the oil in a frying pan and cook the onion for 10 minutes on a very low heat
2. Add the garlic and ginger powder and cook for a further minute
3. Add the tomatoes and chicken stock, bring to the boil then simmer for 2 minutes before adding the chicken breast and curry powder
4. Simmer for 8 minutes, making sure the chicken is cooked through, then remove from the heat and gradually stir in the yoghurt. Warm the naan according to packet instructions and serve with rice (optional)