

Chicken Curry

Ingredients

- 1 medium onion, finely chopped
- 1 medium green or red pepper, chopped
- 1 tbsp oil
- 200g chicken pieces, skinned or 200g quorn
- 1 medium can chopped tomatoes (397g)
- 2 tsp curry powder
- $\frac{1}{2}$ tsp coriander or herbs of choice
- $\frac{1}{2}$ small carton natural yoghurt

Process

1. Prepare your pepper, chicken and onion.
2. Heat the oil in a saucepan and fry the onions and pepper until soft
3. Add the chicken/quorn, fry until it has started to brown.
4. Add the curry powder and herbs, fry gently for 1-2 minutes, stirring continuously. Remove from the heat.
5. Add chopped tomatoes and simmer gently for about 20 minutes.
6. Taste and season and flavour.
7. Add the yoghurt and cook for a further 2 minutes, taste again and season with salt and pepper
8. Serve with rice or naan bread and side salad or vegetable dish.