

Chicken Curry



Serves: 35 (Approx 200g)



Prep Time: 75min



Difficulty: Medium

Packed full of flavour, the hero of this recipe is the homemade curry powder. This spice blend can be made in bulk and stored in a sealed container for future use or when you want to make a curry in a hurry!



Ingredients

- 4 tablespoons canola oil
- 3 brown onions, finely chopped
- 3kg raw chicken meat, diced
- 6 medium potatoes, diced
- 6 medium carrots, diced
- 500g green beans, trimmed, chopped into small pieces
- 1/3 cup curry powder*
- 600mL reduced salt chicken stock
- 3 x 400mL tins reduced fat coconut milk

*Curry powder

- 1/2 cup garam masala
- 1/4 cup ground cardamom
- 1/4 cup ground coriander
- 1/4 cup ground ginger
- 1/4 cup ground cumin
- 2 tablespoons smoked paprika
- 1/4 cup turmeric

Method

1. Heat 2 tablespoons of the oil in a large pot over medium heat. Add onion and cook, stirring for 5 minutes or until soft and translucent.
2. Mix all the curry powder ingredients together in a small container. Add 1/4 cup of powder to the pot, cook, stirring for 1-2 minutes.
3. Add chicken stock and coconut milk and slowly bring to the boil. Reduce immediately to a low simmer.
4. Simmer on low for 15-20 minutes.
5. In a separate large pot heat remaining oil, add chicken and cook until coloured.
6. Add potato and carrot, cook for 5 minutes.
7. Add remaining curry powder, cook, stirring, for 2 minutes.
8. Add vegetable mix to sauce and simmer for 20-30 minutes or until thickened and vegetables are soft but still hold their shape. Add beans in the last 5 minutes.
9. Serve with cooked rice.