



# One pot curry

See poster

## What you need (serves 4)

- 1 onion
- 1 clove of garlic
- 1 dessertspoon vegetable oil
- 2 chicken fillets
- 3 dessertspoons curry powder
- 2 teaspoons ground ginger
- 150ml vegetable stock
- 150ml pure unsweetened apple juice
- 4 mushrooms fresh or canned
- 1 can new potatoes, drained
- 1 can sliced carrots, drained
- 1 apple

## Optional

- 2 dessertspoons of coconut
- Handful raisins
- Banana/naan bread to service

## What you need to do

- Peel and chop onion and garlic
- Heat oil in pan and add onion and garlic
- Heat gently for a few minutes
- Chop the chicken into chunks

- Add to pan (remember to wash hands and utensils thoroughly after handling raw meat)
- Add curry powder and ginger to pan and stir well
- Mix in the stock and apple juice
- Slice and chop mushrooms, potatoes and carrots, and add to pan
- Peel and chop apple and add to pan
- Add coconut and raisins if wanted
- Stir well, cover and cook on a low heat for about 20 minutes
- The curry should just bubble gently and may need stirring from time to time to stop it sticking to the pan
- Serve at once or allow to cool completely before covering and putting into fridge

