



Chicken curry and rice

Serves 2

- 1 onion
 - 1-2 cloves of garlic
 - green or red pepper 1 tbsp. cooking oil
 - chicken breasts
 - 2 tsp. mild curry powder 1 tin of tomatoes
 - 1 chicken stock cube
 - 125g long grain or basmati rice (approx. one handful per person)
1. Peel and chop the onion and crush or chop the garlic.
 2. De-seed and chop the pepper.
 3. Heat the oil in a saucepan and add onions and garlic. Cook until soft approx. 5 minutes.
 4. Add the peppers and cook gently for another 5 minutes.
 5. While it's cooking, cut the chicken into bite-size pieces, add to the vegetables and stir until the chicken is no longer pink.
 6. Add the curry powder, stir and cook over gentle heat for 1 minute.
 7. Add the tomatoes. Dissolve the chicken stock cube in a mug of water and add to the chicken.
 8. Add a little more water if the curry seems dry.
 9. Bring to the boil, lower the heat and simmer for approximately 30 minutes.
 10. Put a saucepan of water onto boil, measure out your rice. Put the rice into the saucepan and cook for around 5 minutes, then simmer for around 5-10 minutes depending on your taste.