

Chicken Curry

Serves 2

Ingredients: -

2 - chicken joints with all fat and skin removed

1 x 400g/14oz - can tomatoes

1 - bay leaf

1 - eating apple, cored and chopped small

10ml/2 tsp - Branston pickle (or similar)

5ml/1 tsp - tomato puree

1 - medium onion, finely chopped

1 - tablespoon curry powder

Method: -

Place the chicken joints and the remaining ingredients in a saucepan and bring to the boil.

Place a lid on the saucepan and cook slowly, for about 1 hour, stirring

occasionally, turning the chicken joints every 15 minutes or so.

If the sauce is too thin, remove the lid and cook on a slightly higher heat until the sauce reduces and thickens.

Serve on a bed of rice.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
