Chicken curry with vegetables

Rice

Wash x cup rice, add x + ¾ cup water, add salt. Cook in rice cooker

Chicken curry

500g Chicken breast – washed and cut into pieces

Season with salt and 1 teaspoon chilli powder with lemon juice, leave for 30mins

In a pot add a little oil and fry 1 diced garlic clove and ½ diced onion, add 2 teaspoon curry powder
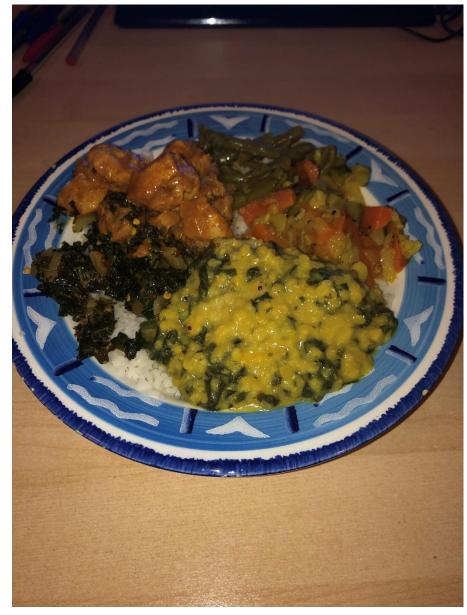
Add the seasoned chicken and mix.

1 teaspoon tomato paste.

Cook for 35-40 mins

After the chicken is cooked add 1 cup of coconut milk

Sweet potato and dal curry

Peel and cut 1 sweet potato into bite sized pieces. Next, chop 300g spinach. Drizzle some olive oil into a pot over medium heat. Add the sweet potato, season with salt and pepper, and sauté for approx. 5 min. Add spinach and cook until wilted.

Add 1 ½ tablespoon red curry paste to the pot and stir to combine. Sauté for approx. 2 min., or until curry paste starts to stick to the bottom of the pot. Add 250g lentils and 400ml coconut milk, stirring well to combine. Using your empty can of coconut milk can as your measure, pour two cans' worth of water into the pot. Bring to a simmer and let cook for approx. 15 min. or until lentils are soft, but not mushy.

Beans

In a saucepan, add 250g beans, ½ chopped onion, 1diced garlic clove, 1 teaspoon curry powder, salt and ¼ teaspoon turmeric

Cook with a ½ cup water

As the water evaporates, add a little oil and fry

Add 1 teaspoon crushed chilli and mix

Vegetable

In a saucepan, add sliced 4 carrots, 2 courgette, 4 potatoes and ½ chopped onion, salt, 1 diced garlic, ¼ teaspoon turmeric and 1 teaspoon curry powder

Cook with ¾ cup water

As the water evaporates, add a little oil and fry

Add 1 cup coconut milk

Kale

Finely chopped kale

On a frying pan, fry 1 large chopped onion

As it fries add the kale, mix and fry well

Add crushed chilli and salt

Take off heat and add lemon juice