

Easy Chicken Curry

Ingredients

- 1.5 tbsp oil (vegetable, canola)
- 2 garlic cloves , minced
- 2 tsp ginger , grated
- 1/2 onion , finely chopped
- 500g / 1lb chicken thighs, sliced - can also use chicken breast.
- 2.5 tbsp curry powder
- 270 ml / 1.25 cups coconut milk , full fat
- 1.5 cups (375 ml) chicken stock low sodium
- 1/2 tsp salt
- 3/4 cup frozen peas
- 1/4 cup coriander / cilantro leaves , chopped

Instructions

1. Heat oil in a skillet over medium high heat. Cook garlic, ginger and onion for 3 minutes until onion is translucent.
2. Add chicken and cook until it changes from pink to white.
3. Add curry powder and cook for 2 minutes.
4. Add coconut milk and chicken stock. Stir, lower heat to medium and cook, simmering rapidly, for 10 minutes until sauce reduces and thickens.
5. Add peas and salt. Cook for a further 2 minutes, then taste to see if it needs more salt. Garnish with coriander.
6. Serve over rice, noodles or mashed potato!