



4

SERVES/MAKES



COOKING TIME:
< 45 min



COOKING STYLE:
Stove

LANCEWOOD® CHICKEN CURRY

INGREDIENTS:

Curry:

- 45 ml flour
- 30 ml curry powder – medium or hot
- 5 ml ground coriander
- 5 ml ground cumin
- 5 ml turmeric
- 2.5 ml cinnamon
- 5 ml salt
- 4 chicken thighs
- 4 chicken drumsticks
- 45 ml oil
- 1 onion, halved & sliced
- 2 cloves garlic, crushed
- 1 x 410 g can chopped peeled tomatoes
- 250 ml **LANCEWOOD® Double Cream Plain Yoghurt** or **LANCEWOOD® Sour Cream**
- 30 ml sugar
- Salt to taste
- 60 ml coriander, chopped

To serve:

LANCEWOOD® Double Cream Plain Yoghurt

- 500 – 750 ml cooked rice
- 2 – 3 naan breads
- Chutney

Tomato & cucumber salad:

- 2 tomatoes, chopped
- Half an onion, finely chopped
- A 10 cm long piece of cucumber, chopped

METHOD:

Curry:

Mix the flour, spices and salt together. Toss the chicken pieces in the spice and flour mixture to cover it generously. Heat the oil and fry the onion until soft. Add the garlic and fry for 1 minute. Remove from the pan.

Using the same pan, fry the chicken until golden all over. Add the onion mixture. Mix the tomatoes, yoghurt and sugar together. Pour over the chicken and season with salt to taste. Cover and simmer over low heat for 30 minutes.

To serve:

Sprinkle coriander on top just before serving. Serve with extra yoghurt, rice and/or naan bread, chutney and cucumber and tomato salad.

Tomato & cucumber salad:

Mix the tomatoes, onion and cucumber together and serve with the curry.

PRODUCTS USED:



Double Cream Plain Yoghurt



Sour Cream

ENJOY!