

CREAMY CHICKEN CURRY & RICE

- 500g boneless **chicken** thigh fillet
- 2 **sweet potatoes**
- 1 sweet red or green **pepper**
- 1 **tin coconut milk** - shake it before opening
- 2 small **onions**
- 100g **peanut butter** (about 2 big tablespoons)
- 1/2 a jar **curry paste** or 1 paste pot
- 50g **tomato purée** (2 dessert spoons)
- 1/2 teaspoon veg stock powder or 1/2 **stock cube**
- Salt & pepper
- A little oil



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Cook your own curry and you can make it just how you like it and save money on ready meals and takeaways. This recipe costs less than £1 a serving! You can make it even cheaper by adding more vegetables and less chicken (or all vegetables) try pieces of cauliflower, courgette, peppers etc.



1 Cut the chicken into small chunks and fry in a tablespoon of oil until slightly brown. Turn these into a clean bowl.



3 Peel & chop the sweet potatoes and pepper and add these to the onion. Cook for a few minutes then stir in the curry paste.



5 Stir it well and let it cook gently for about 25 mins, stirring now and again. When it is cooked the potato will be very soft and the sauce will be thick and creamy.



7 Cover with boiling water. There needs to be 1 - 2 cm of water on top of the rice. Add a good pinch of salt. Cover with a lid or plate and cook at a very gentle simmer.



2 Peel & finely chop the onions and start to cook in the pan, with a little more oil if you need it.



4 Add the chicken back into the pan. Make up 200 ml of stock and add to the pan. Add the coconut milk, peanut butter and tomato purée.



6 While the curry cooks, cook the rice. Use any long grain rice. Measure a large handful for each serving into a saucepan.



8 Leave it to cook and check it after 10 mins. Test a few grains to see if they are soft. If they need longer and it's looking dry, top it up a little from the kettle.

When cooked soft it should just "fluff up" with a fork, but if there is still water there just drain it through a sieve. Cooking rice like this costs less than 5p a serving!