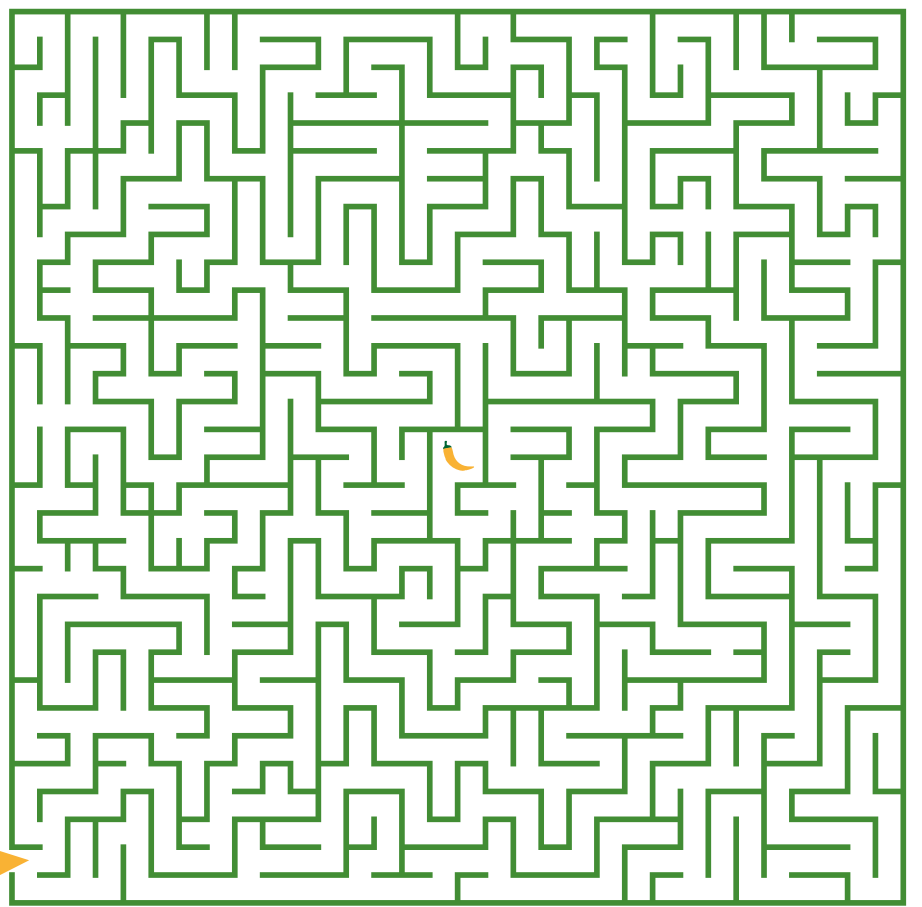


CURRY WEEK

How many Chillies do you see?

Name that Dish! The pictures numbered 1, 2 and 3 show popular indian dishes, can you name them?



1.



2.



3.



1.papadoms 2.bhaji 3.samosa

Chicken Curry



- 3 tbsp vegetable oil
- 2 chicken breasts cut into chunks
- 1 onion, peeled & chopped
- 1 garlic clove, crushed
- 1 medium apple, peeled & thinly sliced
- 100 g baby sweetcorn, cut into quarters (optional)
- 1 tbsp Korma curry paste
- 1/2 tbsp mango chutney
- 1 tbsp tomato puree
- 100 g frozen peas
- 150 ml coconut milk
- 1 chicken stock cube dissolved in 150 ml boiling water
- salt and freshly ground black pepper

You could swap the chicken for vegetables for a meat free alternative

Method

1. Heat 1 tbsp oil in a wok or frying pan and stir-fry the chicken for about 4 minutes.
2. Remove chicken and set aside.
3. Heat the remaining oil in the wok and sauté the onion and garlic for 3 minutes.
4. Next, add the apple and sweetcorn (if using) and sti-fry for 3 minutes.
5. Add the korma curry paste, mango chutney, tomato purée, frozen peas, coconut milk, chicken stock and chicken pieces and simmer for 15 to 20 minutes.
6. Season to taste.
7. Serve with rice



Can you find the Chilli trapped in the maze?

There are 10 chillies