

# INGREDIENTS Tick

- 1** diced onion

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- 4** skinless chicken breasts cut into chunks

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- 2** teaspoons of cornflour

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- 2** tablespoons of vegetable oil

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- 1** garlic clove, crushed

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- 2** teaspoons of curry powder

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- 1** teaspoon of turmeric

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- ½** teaspoon of ground ginger

## Ingredients



- Pinch of sugar

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- 400ml** chicken stock

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- 1** teaspoon of soy sauce

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- Handful of frozen peas

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- 2x** 'boil in the bag' rice

## SERVES 4



Calories: 379

Fat: 5.4g

Carbs: 34.2g

Protein: 37.7g

To guide you through some of the recipes videos are available online at:

[www.loafcatering.com/video](http://www.loafcatering.com/video)



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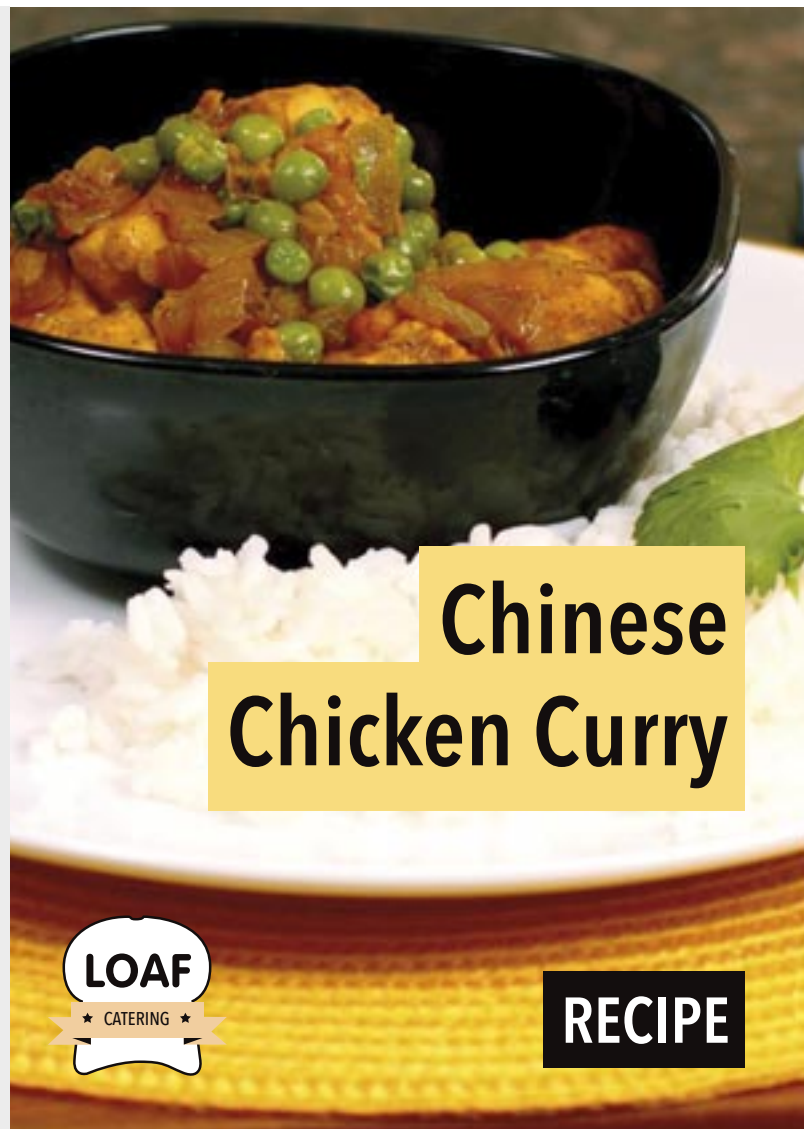
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# Chinese Chicken Curry

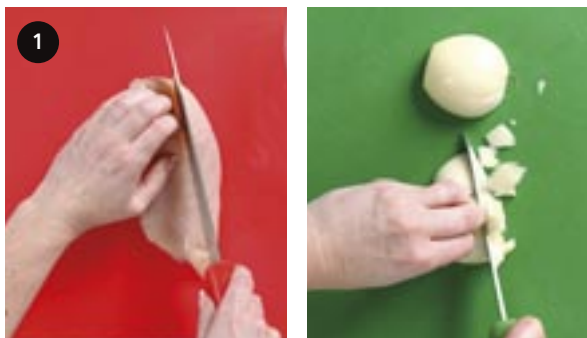


RECIPE

# METHOD: Chinese Chicken Curry

## STEP 1

Cut chicken into pieces. Toss the chicken pieces in the cornflour. Set them aside. Peel & dice onion on clean board



## STEP 2

Fry the onion in half of the oil in a wok on a low-medium heat, until it softens - about 5-6 minutes - then add the garlic & cook for a minute



## STEP 3

Stir in spices, cook for another minute, add the stock & soy sauce, bring to simmer, add sugar & cook for 20 mins



## STEP 4

Fry the chicken in the remaining oil until it is brown



## STEP 5

Tip the chicken into the pan with the sauce & bring everything to a simmer for 10 minutes, stir in the peas & cook for 5 minutes



## STEP 6

While the chicken is simmering, place boil in the bag rice in boiling water & cook for ten minutes until tender, drain & serve with curry. Enjoy!

