

Chicken Ruby*

Prep time: 10 minutes Cooking time: 60 minutes



4-6



10



Ingredients

4 medium lean chicken breasts,
chopped into bite sized pieces

2 onions, chopped finely

2 teaspoons garlic puree or 2 cloves of
garlic, chopped finely

1 red pepper, deseeded and chopped

1 teaspoon curry powder

1 teaspoon paprika

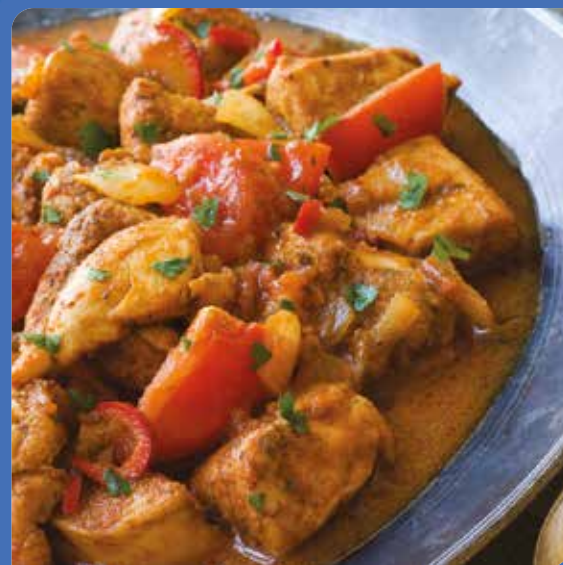
300g / 11oz passata (sieved tomatoes)
or

1 x 295g / 10.4oz tin of condensed
tomato soup

1 tin / 410g / 14oz green lentils, drained
and rinsed

400ml / 15flox / ¾ pint cold water

Chopped coriander to garnish (optional)



Method – Oven baking

Pre heat 180°C / Gas Mark 4

- Put chicken and vegetables into an oven proof dish. Sprinkle over curry powder, paprika and garlic puree
- Add the condensed soup or passata, green lentils and cold water. Stirring well to mix all ingredients together
- Place in oven for 50 – 60 minutes
- Serve with naan bread (see sides and delights section) or white/brown rice

Method – Hob cooking

- Gently dry fry chicken, onions, garlic and peppers
- Once chicken is browned, add the rest of the ingredients
- Simmer for 15 – 20 minutes

* Adapted from Focus On Food



Tip!
Great family
introduction
to curry