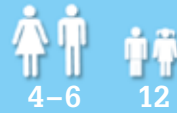


Fruity Chicken Curry

Prep time: 15 minutes Cooking time: 45 minutes



Ingredients

- | | |
|---|---|
| 1 tablespoon vegetable oil | 25g / 1oz plain flour |
| 4 lean chicken breasts, chopped into bite size chunks | 150ml / 5floz / ¼ pint low salt chicken stock |
| 1 onion, chopped | 275ml / 10floz / ½ pint semi-skimmed milk |
| ½ teaspoon cinnamon | 1 cooking apple, cored and chopped |
| ½ tablespoon turmeric | 1 small tin / 225g / 8oz chopped pineapple in juice |
| 1 tablespoon curry powder | 1 tablespoon sultanas |



Method.

- In a large frying pan add the oil, when hot add the chicken, cook until white in colour
- Add onion, cook for 2-3 minutes
- Add cinnamon, turmeric and curry powder and stir
- Add flour, stock and milk and stir
- Add apple, pineapple (and juice), sultanas and stir
- Simmer for 35 minutes

- Serve with naan bread (see sides and delights section) or brown / basmati rice
- If serving with rice, cook according to pack instructions



Tip!
To save money, use half the amount of chicken and add a tin of lentils