

Old school chicken curry and chips

SERVES 4

- 2 large chicken breasts, diced
-
- 1 onion, finely diced
-
- 1 apple, peeled and grated
-
- 2 large cloves of garlic, crushed
-
- 1" piece of ginger, minced
-
- 1 tbsp. curry powder
-
- 1 tbsp. flour
-
- Juice of half a lemon
-
- 1 cup of raisins
-
- 1 pint of stock
-
- 1 tbsp. runny honey
-
- Salt & pepper

Using the same pan, sauté the onion until soft, then add the apple, ginger and garlic. Cook for a minute before adding the curry powder and flour. Cook the flour for a few minutes, then gradually pour in the stock, a little at a time. The flour will thicken the sauce, so you may not need the full pint.

Add the chicken, squeeze in the lemon and sprinkle in the raisins. Stir well and cook for a few minutes more before adding the honey. Season with salt and pepper.

Once the chicken is cooked through serve with rice or chips.

With chicken tikka

Marinade:

- 2 tsp. curry powder
-
- 1 tsp. turmeric
-
- 1 tsp. paprika
-
- 2 cloves garlic, crushed
-
- 2" piece of ginger minced
-
- 1/2 cup of natural yoghurt
-
- Juice of half a lemon
-
- Salt & pepper

Mix all the ingredients together and coat the diced chicken. Leave to marinate for at least 1 hour, or longer if you have time.

Thread the chicken onto skewers and griddle until cooked through and charred.

Add the cooked chicken tikka to the curry sauce.