

Ingredients (serves 4)

- 1 tablespoon of unsaturated oil e.g. olive or sunflower
- 2 medium onions, peeled and chopped
- 3 medium garlic cloves, peeled and chopped
- 1 teaspoon chilli powder
- 3 teaspoons curry powder ,
- 2 tablespoons of tomato puree
- 1 400g can chopped tomatoes
- 4 chicken breasts skinless and cut into chunks
- 75g ($\frac{2}{3}$ cup) frozen peas
- 2 handfuls of spinach

Method

Prep and Cook time: 40 minutes

1. Heat oil in a saucepan over a medium heat
2. Add onions and cook for about 5 minutes, until soft
3. Add garlic, curry powder and chilli powder and stir for 2 minutes
4. Add the chopped tomatoes, mix well then add the tomato puree
5. Add the chicken and cook for 25 minutes over a medium heat
6. Add the peas and spinach and cook for 5 minutes

Tips & Hints

- Can be served with boiled brown rice, for 4 servings use 225grams rice boiled in 350mls of water until fully absorbed and remember to wash the rice before cooking to remove dust and starch
- Try adding additional vegetables such as cauliflower or squash
- Add low fat yoghurt to make your curry creamier and/or cool the heat of the spices if too hot
- Chickpeas are a cheap and inexpensive way to bulk out a curry. They are low fat and a great source of protein
- Make larger quantities and freeze in suitable containers for quick ready-meal