

# Curry Chicken





## Method

1. Rub the chicken leg with salt
2. Heat oil in a non-stick wok, stir-fry the onions for 1 minute
3. Add chilli powder, tumeric powder, curry powder, curry leaves, ginger and garlic. Cook gently for 1-2 minutes.
4. Add chicken and fry on all sides until golden.
5. Add the evaporated milk and capsicums and bring to a boil. Add pepper.
6. Then, lower heat to simmer covered for 15-20 minutes or until chicken is cooked.
7. Serve hot with brown rice or wholemeal bread

\*TIP: for an even healthier option, replace milk with plain greek yoghurt.

## Ingredients

400 g	Chicken leg, boneless, skin removed and cut into chunks
¼ tsp	Salt
1 tbsp	Sunflower oil
2	Onions, quartered
½ tsp	Chilli powder
½ tsp	Turmeric powder
1 tsp	Curry powder
4 - 5	Curry leaves
1 tsp	Ginger powder
2 cloves	Garlic, crushed
480 mL	Low-fat evaporated milk
1	Green capsicum, sliced
1	Red capsicum, sliced
¼ tsp	Pepper

Nutritional Information	Energy
<b>Total servings</b> 	1500 kcal
<b>Per serving</b> 	375 kcal