

# west african curry

by Jackie Inglethorpe

## what you will need

1 tablespoon cooking oil  
 1 onion, finely chopped  
 2 cloves garlic, finely chopped  
 1 tablespoon garam masala  
 1 teaspoon of turmeric, cumin and chilli  
 2 teaspoons coriander  
 1 tablespoon dried mixed herbs  
 450g/1lb chicken or turkey breasts- diced  
 1 can chopped tomatoes  
 2 tablespoons mango chutney  
 1 apple chopped  
 Handful of sultanas  
 1 tablespoon tomato puree  
 Handful of frozen peas  
 50g/2oz flaked almonds + extra for garnish - optional  
 2 tomatoes - diced to garnish - optional

## get cooking

Heat oil in a large pan and gently fry the chopped onion until soft.

Add chopped garlic, herbs and spices and 1 tablespoon of water to the pan and cook on medium for 1-2 minutes.

Add the meat and fry until lightly browned.

Stir in tomatoes, almonds, mango chutney, sultanas, tomato puree and apple.

Cook, stirring well for 15mins. If the mixture is dry add 100ml water.

Add peas to the pan and cook for a further 10 mins.

Remove from heat, garnish with tomatoes and almonds if required.

Serve with wholemeal pitta bread or basmati rice.

Preparation time = 10mins

Cooking time = 35mins

Cost per serving =  
 less than £2.00

5 a day portions  
 per serving = 1

## alternatives

For a vegetarian version replace the chicken with any vegetables cut into cubes. Courgettes, mushrooms, cauliflower taste great when curried.

## top tips

Alter the amount of cumin and chilli powder to make the dish less or more spicy. Serve with natural yoghurt to reduce the heat of the spice.

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