

Chicken Curry

Ingredients (Serves 4-6)

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| 6 | chicken breast fillets, cut into strips |
| 125ml | cake wheat flour |
| 5ml | turmeric |
| 25ml | roasted curry powder |
| 125ml | coconut milk |
| 250ml | plain yoghurt |
| 250g | green beans, steamed |
| 250g | broccoli florets, steamed |
| 125g | button mushrooms, steamed |
| 125g | baby corn, steamed |

Method

1. Mix the cake wheat flour and turmeric.
2. Roll the chicken strips in the mixture.
3. Heat some oil in a frying pan and fry the coated chicken strips in batches until lightly browned and just done.
4. Add the curry powder to the pan with the rest of the ingredients.
5. Heat through and serve on a bed of rice.

This recipe is a lifesaver if you are pressed for time.

