

Chicken and Tomato Spiced Curry

Ingredients

- 2 tbsp vegetable oil
- 450g chicken breast, cut into cubes
- 1 onion, chopped
- 1 red pepper, deseeded and sliced
- 2 garlic cloves, finely chopped
- 1cm piece ginger, peeled and finely chopped
- 2 tbsp Madras curry paste
- 400g tin chopped tomatoes
- 300g basmati rice
- handful coriander, chopped, to serve



Method

1. Heat 1 tbsp of the oil in a large flameproof casserole dish set over a high heat. Working in batches if necessary, cook the chicken for 5-7 mins until golden and just cooked through, then remove and set aside.
2. Put the remaining oil in the dish. Add the onion, cook for 3 mins until soft, then add the red pepper and cook for 2 mins. Stir in the garlic and ginger and cook for 30 secs. Stir in the curry paste until everything is well coated.
3. Pour in the tomatoes along with 200ml water. Bring to the boil, then reduce the heat, cover the dish and leave to simmer for 10 mins until the sauce has thickened a little. Return the chicken to the dish and cook for 5 mins, uncovered, until piping hot and cooked through.
4. Meanwhile, cook the basmati rice following pack instructions. Serve with the curry and sprinkle over the coriander to finish.

Notes

This easy chicken curry is ready in just 30 minutes and only needs a handful of ingredients to add real flavour.