



Main Course
Serves 4

Chinese Curry

Chicken or vegetable



Equipment



Vegetable knife



Chopping board



2 medium bowls



Tin opener



Large saucepan



Wooden spoon



Medium saucepan



Sieve

Ingredients

- 4 chicken breasts, or 1 head of cauliflower and 200g of potatoes
- 2 large white onions
- 2 garlic cloves
- 1tsp ground ginger
- 2tsps of madras curry powder (use less if you like it milder)
- 1tsp turmeric
- 1tsp Chinese 5 spice
- 3 stock cubes (chicken or veg)
- 1 tin coconut milk
- 5Tbsp rapeseed oil
- 4Tbsp plain flour

Optional Ingredients

By adding more or less curry powder you can adjust the spiciness of this curry to your own liking. You don't have to use madras either, use whatever you like or that is available to you. We decided to use madras curry powder as we believe it yielded the best results. Add any vegetables that you enjoy, try adding a handful of frozen peas about 5 mins before the end of cooking for a bit extra protein. Mushrooms are also a good source of protein and go well in this sauce, add in at onion stage.

Method



1

Peel and chop up the onions into small pieces and leave aside then do the same with the garlic.



2

For chicken curry, chop up the chicken into evenly sized pieces (this is so they cook evenly). Place in a bowl and leave aside. **For vegetable curry**, wash and chop cauliflower into small florets, place in bowl and leave aside. Wash potatoes and chop into evenly sized small cubes, place in bowl and leave aside.



3

For vegetable curry, go straight to stage 4. **For chicken curry**, place 2Tbsp of the oil in a large saucepan over a medium heat. Let the oil heat up and then add the chicken, stirring to seal the meat. This means to cook the surface of the chicken but not the flesh. Once sealed, remove the chicken to a clean bowl and set aside.



4

Add 3Tbsp of oil to the pan and allow it to heat up. Add the garlic and stir for a minute or 2. Keep the heat low and add flour, curry powder, ground ginger, turmeric and 5 spice, stirring constantly. It will be a little dry so have some cold water on hand to add in. This forms a roux which is a mixture of flour and fat that is used as a base for sauces. Cook your roux for 5- 10 minutes on a low heat.



5

Dissolve your stock cubes in 1.5 litres of freshly boiled water and add this, very slowly, to your roux. Adding the stock slowly prevents lumps in your finished sauce.



6

Once all the stock is added, turn your pan to a medium heat and add the onions and coconut milk. **For the vegetable curry**, add your potatoes now and cook for 5 minutes before adding cauliflower and cooking for a further 10 minutes. **For the chicken curry**, cook the onions for 5 minutes before adding the sealed chicken and cooking for a further 10 minutes. Stir the pan regularly, your curry should be slightly bubbling but not spitting. You may notice the sauce thickening, if it becomes too thick for your liking or starts to stick to the pan, add a splash of water and stir to loosen it up.



7

Prepare rice according to the instructions on the packet and serve with your delicious curry.

Waste Saving Tips

Make this sauce in large batches without adding the chicken or veg and freeze in portions, thoroughly defrost when required and heat until piping hot, adding freshly chicken and or veg when serving. Cauliflower greens are nutritious and good to eat, give them a wash and chop as small as you like, add them in about 5 mins before the end of cooking time. Leave the skin on your potatoes, (give them a good wash though) they are high in vitamins and eating them saves waste.

Health Information

Making your own delicious curries is much healthier than take-away or store-bought alternatives which are often high in fats, salt and preservatives, and it's better for your wallet too! Cauliflower is a great for adding fibre to this dish, but you can add loads of extra veg that you enjoy, try chopped spring onions, peppers and chillies in with the garlic. If its fibre you need though, try brown rice instead of white, it usually requires a longer cooking time but it's great for a healthy digestive system.

Did You Know?

Buying your fresh ingredients, like meats and vegetables, from closer to home is better for the environment. The distance that food travels from where it is produced to where it is consumed is known as food miles and the more food miles that a product clocks up, the more greenhouse gasses are released into the atmosphere through its storage and transportation. Eating seasonal vegetables is important too; even the food produced in our own country is often stored using vast amount of energy so that we can consume it all year round.