

Japanese Curry - Chicken



INGREDIENTS – WHAT YOU NEED

1 small pack of Japanese Curry



4 – 6 chicken thighs



2 baby carrots



1 potato



1 onion



BETTER THAN BEANS

Olive oil



JAPANESE CURRY

BETTER THAN BEANS

METHOD – HOW TO COOK

Peel 2 baby carrots.



Cut carrots into small chucks.

Set aside in a bowl.



Cut 1 onion in half.

Peel skin off.



Cut the ends off each half.

Roughly chop onion into chunks.

Set aside with the carrots.



BETTER THAN BEANS

Peel 1 potato.

Roughly chop potatoes into bite-size chunks.



Put aside with the carrot and onion.



Cut chicken thighs into bite-size chunks.



Put a saucepan on stove on medium heat.

Cover bottom of saucepan with a light layer of olive oil.



BETTER THAN BEANS

Add carrot, onion and potato to the saucepan.
Stir until the onion starts to go clear.



Add chicken to the saucepan.
Cook until lightly browned.



Add water to the saucepan to cover everything.
Bring to the boil.
Then turn the heat down to low to simmer.



BETTER THAN BEANS

Break up the curry blocks from 1 small pack of Japanese curry.

Add the blocks to the saucepan.

Stir through.



Put a lid on the saucepan.

Turn the heat down to very low.

Leave to simmer for at least 10 minutes.



Stir regularly so it doesn't stick to the bottom.

Serve with hot, fluffy rice.

