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by ewfood

Chicken Curry

Ingredients

2lb. chicken, thighs and drumsticks
3 medium sized potatoes, quartered
2 carrots, cut into quarters
1 head garlic, crushed
1 piece ginger, 2-3cm, pounded and sliced
2 onions, chopped
0.5oz. curry powder
1 tsp. chili powder
16fl oz. coconut milk
1 red pepper, cubed
1 green pepper cubed
Salt and pepper to taste

Servings

4

Person

Preparation Time

10

min

Cooking Time

30

min

Preparation

- 1 In a saucepan or wok (must be deep) heat the oil. Fry the chicken until sealed and slightly browned. Remove from oil and set to one side
- 2 In the same pan fry the potatoes and carrots for 3 minutes and remove from oil
- 3 In the same pan or wok sauté the onions, garlic and ginger until the onion is slightly brown. Add the chicken, chili and curry powder and the coconut milk
- 4 Simmer on a medium high heat for 10minutes
- 5 Add the potatoes and carrots and simmer for an additional 8-10minutes
- 6 Add the peppers and simmer for 2-3minutes
- 7 Salt and pepper to taste and serve with rice.

Cooks Note

Preparation time: 10 minutes; Cooking time: 30 minutes; Serves 4
