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*by ewfood*

## España Chicken

## Ingredients

4 chicken breasts – sliced  
1/2 cup red bell pepper – sliced  
1 tbs oil  
1 tbs cornflour  
4 tbs coconut milk powder  
2 tsp tomato purée  
2 tbs mixed spice curry powder (recipe below)  
1/2 tsp allspice powder (recipe below)  
1 large tin pineapple slices in syrup – save the syrup  
1/2 tsp honey  
1 1/4 cup water – boiling  
1/4 tsp salt  
<em><strong>MIXED SPICE CURRY POWDER</strong></em>  
Blend all the ingredients below and store in an airtight container...  
2 tbs coriander seeds  
1 tbs cumin seed  
3/4 tbs fennel seed  
1/2 tbs chili powder  
1/2 tsp turmeric powder  
1/4 tsp clove  
1/4 tsp cinnamon  
1/4 tsp cardamom  
1/4 tsp pepper  
<strong></strong><strong><em>ALLSPICE POWDER</em></strong>  
Mix all the ingredients together and store in an airtight container...  
2 tsp ground cinnamon  
1 tsp ground nutmeg  
1 tsp ground cloves

## Preparation

- 1 Heat some oil in a large pan and fry the chicken breast slices till they turn golden brown.
- 2 Then add the Malaysian curry powder and gently fry for around 2 minutes.
- 3 At the side, in a cup, blend the cornflour and pineapple syrup.
- 4 After that add the mixture to the pan and lightly mix it together with the chicken.
- 5 Then pour in the allspice powder, honey, pineapple pieces and tomato purée.
- 6 Stir this around for a few minutes.
- 7 Then lower the heat and add in the coconut milk (made from the coconut milk powder).
- 8 Gently stir and cover.
- 9 Let the dish cook for 25 minutes – allowing the chicken to infuse with the sauce mix.
- 10 Then uncover the pan, and throw in the sliced red bell pepper and some salt.
- 11 Allow this to simmer for another 5 minutes.
- 12 Tastes best when eaten with sliced bread or rice.

## Cooks Note

