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España Chicken

Ingredients

4 chicken breasts - sliced
1/2 cup red bell pepper - sliced
1 tbs oil
1 tbsp cornflour
4 tbsp coconut milk powder
2 tsp tomato purée
2 tbsp 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
MIXED SPICE CURRY POWDER
Blend all the ingredients below and store in an airtight container...
2 tbsp coriander seeds
1 tbsp cumin seed
3/4 tbsp fennel seed
1/2 tbsp chili powder
1/2 tsp turmeric powder
1/4 tsp clove
1/4 tsp cinnamon
1/4 tsp cardamom
1/4 tsp pepper

ALLSPICE POWDER
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