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Chicken Curry with Pineapple

Ingredients

1 large onion
1 carrot
2 green peppers
2 fat cloves of garlic
A small piece of fresh ginger
4 chicken breasts
2-3 tablespoons of sunflower oil
1 teaspoon of turmeric
1 teaspoon of ground coriander
Half a teaspoon of cumin
Half a teaspoon of cinnamon
Half a teaspoon of garam masala
A tablespoon of plain flour
300ml chicken stock
400g can of chopped tomatoes
Half a fresh pineapple
A few spring onions
Salt and freshly milled black pepper
2-3 tablespoons of naturel yoghurt
Fresh coriander
Servings
4
Person

Preparation

1. First prepare the vegetables. Peel the onion and chop finely. Peel the carrot, cut it into quarters lengthways then slice fairly thinly. Deseed the peppers, chop into a few pieces then chop into short strips, not too thin. Peel the garlic. Peel then grate the fresh ginger.
2. Remove the skin from the chicken and cut into bite sized pieces. Heat 2 tablespoons of sunflower oil in a large saucepan and brown the chicken in the hot oil for a few minutes, then lift out onto a plate with a slotted spoon.
3. Lower the heat, add the chopped onions to the same pan and sauté gently for 3 minutes to soften
4. add a little more oil if you need to. Stir in the carrots and peppers and cook for a further 2-3 minutes. Add the crushed garlic, sprinkle in all of the spices and stir together for a minute
5. don't allow the spices to scorch.
6. Stir in a tablespoon of plain flour and then add the chicken stock, a little at a time, stirring it in well. Pour in the chopped tomatoes, mix together and bring to a simmer. Cook for 25-30 minutes, or until the vegetables are soft and the chicken is cooked through.
7. Meanwhile, peel the pineapple and chop into small chunks. Trim the spring onions and chop very finely. When the curry is cooked, stir in the pineapple and warm it through. Season with salt and black pepper and stir in the spring onions.
8. Finally, remove from the heat and add the yoghurt, stirring well until it is completely mixed in.
9. Serve, with rice or naan bread, garnished with fresh chopped coriander leaves.

Cooks Note

This may sound to some like an odd combination, but the sweetness of the pineapple works really well with the curry spices, and the addition of natural yoghurt gives it a lovely

creamy flavour, making it a good choice for those who prefer a milder curry. You can, of course, make it hotter by adding more spices if you wish.

It is fairly easy to make too, and lower in fat than many takeaway curries.

Serves 4-5.