Chicken Curry

Ingredients

350g chicken breast
1 onion
2 garlic cloves
1 chicken stock cube
250 ml boiling water
2 tomatoes
1 tablespoon curry powder
¼ teaspoon sugar
1 tablespoon natural yoghurt
Cooking oil

Utensils

2 chopping boards
Sharp knife
Garlic press
Jug
Saucepan
2 fish slices

Remember you are dealing with raw chicken and ensure that you use a clean chopping board for the vegetables; the board must be washed before it goes in the dishwasher and you must wash your hands.

Method

Heat the oil in the pan, being careful of the oil spitting. Add the chicken gently using the two fish slices. Once the chicken is browned, turn it over and then remove it and place onto kitchen roll. Dice the chicken.

Cut one end off the onion. Peel and then cut it in half, ensuring you cut through the other end. Slice very thinly across the length of the onion (not up to the end, as this holds it together). Slice across the width to finish the diced onion.
Peel and crush the garlic in a garlic press or chop thinly.

Crumble the stock cube into the jug then add 250ml of boiling water. Stir until all the stock cube has dissolved.

Dice the tomatoes.

Heat the oil and fry the onions until golden brown, then add garlic and curry powder, stirring for one minute.

Add stock, tomato, sugar and chicken, mixing well.

Bring to the boil and then lower the heat so that it simmers, reducing the liquid.

Remove from the heat and add yoghurt. Stir and serve.