



CAPE MALAY CHICKEN CURRY
BY CHEF CAREY ERASMUS

*Thank you South
Africa campaign*

Nutrition Facts Per 100 Grams of Chicken: Calories 344, Protein 25g, Carbs 43g, Fat 9g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 35 min



INGREDIENTS

Chicken (530 grams)

Onion, Ginger, Garlic

Tomatoes, Spices

Organic Broth, Sunflower Oil

Potato

Lemon Juice, Sugar,

Raita (yoghurt condiment)

Cucumber Pickle Sambal

Bread

METHOD

1. Dissolve provided broth in boiling water, volume mentioned on the label. Set aside.
2. Place a large heavy-based pot over medium heat, add oil to heat through then brown chicken pieces well in the oil. Remove from the pot and set aside.
3. Add onions to the pot & sauté briefly. Add the ginger and garlic & sauté until soft & aromatic. Add tomatoes & stir.
4. Stir in the spice mix (ground and whole) & add the dissolved broth. Bring to the boil.
5. Add the chicken and potatoes & stir to combine.
6. Reduce heat, cover, and simmer gently until chicken is tender (check after 30, if done proceed to next step, else, cook further until done), adding extra water if needed.
7. Add garam masala, lemon juice, sugar, black pepper & salt to taste. Simmer for another 5 minutes until gravy is thick.
8. Transfer to serving dish, garnish with coriander leaves and serve with bread and condiments.

BON APPETIT