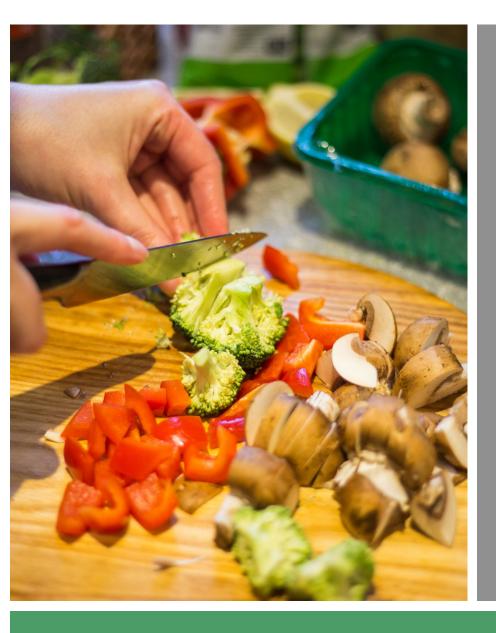# CHICKEN CURRY

A guide to making a great dinner

CHOP CHOP!

Chop the broccoli and pepper into small pieces - you can also add mushrooms as I sometimes do.

PREPARE THE CHICKEN

Cut up the chicken breast into small bitesize peices.

TIME TO COOK!

Add vegetables to the pan to cook a little first then add the chicken to lightly brown.

CHICKEN CURRY

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SPICE IT UP

Add your choice of curry powder, add more to make your curry hot if you prefer. Stir and let it cook for a few minutes so the spices can permiate the meal.

MY FAVOURITE SMELL & TASTE

Add the coconut cream or milk. its your choice. Stir and simmer for 15-20 minutes until the chicken is cooked.

IN THE MEANTIME...

Cut up a whole head of cauliflower and place the peices a food processor.

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IT TAKES SECONDS

Whizz the cauli until the pieces look like rice, this will take less than a minute.

TIME TO STEAM

Add the 'rice' to a microwavable bowl and add cumin seeds for taste. Cover and place in a microwave on full power for two minutes.

SERVE UP

If preferred for an extra iron kick, add spinach to curry and let it wilt. Just before serving add chopped coriander.