

# Seniors

# CHICKEN CURRY



GET CREATIVE



1 HOUR



PREPARATION  
NEEDED

## AIM

Get into the kitchen and cooking a curry bursting with flavour. A fantastic opportunity to improve your cooking skills, whilst also having a great excuse to tuck into a curry. Link with National Curry Week (7<sup>th</sup>-12<sup>th</sup> October 2021).

## WHAT YOU'LL NEED

- › Frying Pan & Utensils
- › Chopping Board & Knife
- › Sunflower Oil
- › 1 Onion
- › 2 Garlic Cloves
- › 4 Chicken Breasts
- › 3 tbsp Medium Spice Paste
- › 400g Chopped Tomatoes
- › 100g Greek Yoghurt
- › Small Bunch of Coriander

# GET CREATIVE: CHICKEN CURRY

THEME: IN THE KITCHEN



## PREPARATION

Ingredients will need to be purchased beforehand and the equipment required made available. The recipe will provide enough food for 4 people, so aim to work as a team in groups of three or four. This activity should be completed in a kitchen.



## GETTING INTO THE ACTIVITY

Follow the steps below to create a delicious chicken curry. Whilst this is just one recipe, there are many curry recipes out there. If you wish to make ingredient changes or use a different recipe, then do so.

- 1 Heat some oil in a large frying pan over a medium heat. Add the chopped onion and a pinch of salt and fry for 8 minutes, or until the onion has turned golden brown.
- 2 Add the garlic and cook for another minute. The garlic cloves will need to be crushed before being added.
- 3 Chop the chicken into roughly 3cm pieces, add to the pan and fry for approx. 5 minutes.
- 4 Stir through the spice paste and tomatoes, along with 250ml water.
- 5 Bring to the boil and then lower to a simmer. Cook on a gentle heat uncovered for 25-30 mins or until rich and slightly reduced.
- 6 Stir through the yogurt and chopped coriander before serving. Consider serving with some rice or a naan bread.



## IDEAS TO TAKE THIS FURTHER...

Expand your Indian cooking knowledge by trying to cook an Indian side dish such as a samosa, onion bhaji or naan bread.



## KEEPING EVERYONE SAFE

Good food hygiene must be followed at all times. Take care when using raw chicken and ensure hands are washed regularly. Once a knife or chopping board has been used for raw chicken it should be washed. Use caution around hot surfaces and when using knives.