



Chicken Curry

2 tbsp oil
1 onion, thinly sliced
2 cloves garlic, crushed
Thumb sized piece ginger, grated
6 boneless and skinless chicken thighs
3 tbsp medium curry paste (tikka is good)
400g can chopped tomatoes
100g greek yoghurt
1 small bunch coriander, leaves chopped
50g ground almonds
Naan Bread to serve



How to Make

Heat the oil over a medium heat and add in the onions and a generous pinch of salt and cook for 10 mins or until the onions have turned golden brown and sticky. Add in the garlic and ginger and cook for a further minute or two.

Chop the chicken into chunky pieces and add to the pan, cooking for 5 mins.

Add in the curry paste and tomatoes along with 250ml water. Bring the pan to a boil then simmer to cook on a gentle heat, uncovered, for 20-25 mins until slightly reduced.

Stir through the yoghurt, coriander and ground almonds and season.

Pour into your food flask and serve up in a bowl with naan bread or some rice.