



Savoury chicken

Serves: 4

Time

Preparation time 15–20 minutes

Cooking time 40 minutes

Ingredients

- 1 dessertspoon sunflower oil
- 2 medium chicken portions, cut into strips
- 1 onion, peeled and finely chopped
- 1 teaspoon curry powder
- 1 teaspoon mixed herbs
- 1 garlic clove, peeled and crushed
- 1 dessertspoon plain flour
- 120ml chicken stock
- 400g tinned chopped tomatoes
- 400g tinned beans, eg haricot or kidney beans, drained and rinsed
- 100g frozen or tinned sweetcorn
- 1 green pepper (optional), deseeded and chopped
- pepper

To serve

- 225g white or brown rice (uncooked weight)

Method

1. Heat the oil in a large saucepan. Add the chicken, onion, curry powder, mixed herbs and garlic. Cook for 5 minutes, stirring all the time.
2. Add the flour and cook, stirring for a further 2 minutes.



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3. Add the chicken stock, chopped tomatoes with their juice, beans, sweetcorn, green pepper, and pepper to season.
4. Bring to the boil, stirring. Cover, reduce heat and simmer for 25–30 minutes (or until the chicken is tender).
5. Serve with cooked rice (cook according to packet instructions).