

Chicken Curry

Serves
8



Ingredients

1 whole chicken, skin removed, cut into small parts

¼ cup lemon juice

2 tsp curry powder

1 medium onion, chopped

1 medium garlic clove, chopped

½ tsp black pepper

½ tsp thyme

2 tbsp vegetable or olive oil

1 cup of water

Method

1. Cover the uncooked chicken with lemon juice.
2. Mix the seasoning together and rub onto the chicken.
3. Allow to marinate in the refrigerator for 1 hour (or preferably overnight).
4. Heat the oil in a saucepan and saute the seasoned chicken until brown.
5. Add the cup of water to the pan and simmer until fully cooked and tender.
6. Serve over hot rice.

Nutritional Information (per portion)

Energy (kcal)	323
Protein (g)	21
Potassium (mg/mmol)	317/7.9
Phosphorus (mg/mmol)	214/6.8
Sodium (mg/mmol)	93/4.0

