Chicken Curry



Serves 8

Ingredients

1 whole chicken, skin removed, cut into small parts

1/4 cup lemon juice

2 tsp curry powder

1 medium onion, chopped

1 medium garlic clove, chopped

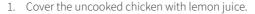
½ tsp black pepper

½ tsp thyme

2 tbsp vegetable or olive oil

1 cup of water

Method



- 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