

Potato and Chicken Curry

Cooking methods: Boiling, frying

About Potato Curry

The first curry recipe in Britain appeared in a cookery book in 1747. Throughout the 19th and 20th centuries, curries grew increasingly popular and they are now an integral part of British cuisine.

 **Preparation Time**
10 minutes

 **Cooking Time**
15 minutes

Suitable potato varieties:

Salad, such as Charlotte or Maris Peer

Ingredients

- 300g salad potatoes, e.g. Charlotte, diced
- 1 tbsp rapeseed oil
- 2 small chicken breasts, diced (approx. 250g)
- 1 onion, sliced (150g)
- 1 tbsp medium madras curry powder
- 400g can chopped tomatoes

For the raita

- 150g tub fat-free natural yogurt
- ¼ cucumber, deseeded and grated
- 1 tbsp chopped mint

Equipment

- Scales
- Knife
- Chopping board
- Saucepan with lid
- Colander
- Measuring spoons
- Frying pan with lid
- Wooden spoon
- Can opener
- Small mixing bowl
- Grater



Method

- 1 Cook the potatoes in boiling water for 10 minutes, drain.
- 2 Meanwhile, heat the oil in a frying pan and fry the chicken and onion for 5 minutes until browned. Add the curry powder and cook for 1 minute.
- 3 Stir in the tomatoes and 50ml water, cover and simmer gently for 5 minutes. Stir in the cooked potatoes and cook for a further 5 minutes.
- 4 Meanwhile, stir all the raita ingredients together and serve with the curry.

For more potato recipes, visit www.prepcookservepotatoes.org.uk