



Recipe Information

Number of Serves: 6-8

Preparation Time: 10mins

Cooking Time: 20mins

Soifua Maloloina Chicken Curry

Method

1. Remove any skin or fat from the chicken and chop into 1-2cm cubes.
2. Heat oil in a large pan over a medium-high heat. Fry the onion, garlic and ginger for 4-5 minutes, or until soft.
3. Add the curry powder, stock powder and chicken to the pan. Cook for 5-6 minutes, or until the chicken is cooked all the way through.
4. Add the vegetables and mix through. Cook for a further 2-3 minutes.
5. Add the light coconut cream and stir through. Reduce heat and simmer for 10-15 minutes, or until vegetables are cooked. Serve hot with rice.

Ingredients

2 tsp olive or canola oil
1 brown onion, diced
1 tsp minced garlic
1 tsp minced ginger
2 tsp curry powder
2 tsp powdered chicken stock
750g chicken thigh fillets
1kg frozen vegetables
1 x 375mL tin light coconut cream



Step 1



Step 2



Step 3



Step 4



Step 5

Soifua Maloloina tips:

- Swap regular coconut cream for fat-reduced varieties, if you only have regular cream try adding water.
- It will cost you about \$25 to buy all of the ingredients to make enough curry and rice to feed 8 people (if you already have oil in the pantry) which is just over \$3 per person. If you already have dry ingredients in the pantry, then it's even cheaper!

