

Fruity Chicken Curry



A Fresh and fruity, mildly spiced curry that all the family can eat. I served this with brown rice and some fresh mango salsa and it was lovely.

Serves 2 large portions

- 2 chicken breasts
- 1 medium onion, sliced thinly
- 2 garlic cloves, crushed
- 1 apple, peeled and grated
- 2 sticks celery, sliced thinly
- 1 red pepper, sliced thinly
- ¼ cup sultanas
- ¼ cup dried apricots, chopped
- 400ml chicken stock
- 2 tablespoons curry powder
- 1 tablespoon sesame oil

Heat up the oil in a large pan and add the diced chicken breasts. Fry this off for 3-4 mins until they have turned white and started to cook on the outside. Now add the onions, peppers, celery and garlic to the pan and continue to fry off, stirring all the time. After 2-3 mins of softening the veg, add the curry powder and the grated apple and again keep stirring for another 2 minutes. Now add the dried fruit and the stock. It will seem like a lot of liquid but you are going to simmer this down for 20 minutes now so it will reduce down and thicken up.

Now is the time to steam or boil your rice while you wait for the curry to finish cooking.

I mixed the rice into the curry and served it with some mango salsa 😊