

A top-down view of a white ceramic bowl filled with a vibrant yellow chicken curry. The curry is topped with fresh green herbs and sliced green onions. A portion of white basmati rice is on the right side of the bowl. A golden-brown, slightly charred roti is tucked behind the rice. The bowl sits on a light-colored wooden cutting board, which is placed on a dark wooden table. A blue and white striped cloth is draped in the background.

Chicken Curry in a Hurry

Preparation Time: 10 mins

Cooking Time: 15-20 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

1 roast chicken (breast section)
shredded
2 ½ cups chicken broth
1 sweet potato sliced into ½” rounds
and halved
1 yellow (sweet) onion diced
¼ cup mango chutney (Grey's)
1 red pepper/capsicum sliced
1 yellow pepper/capsicum sliced
2 cloves garlic minced
2 tablespoons plain flour
1 tablespoon Thai red curry paste
½ cup heavy cream
1 tablespoon olive oil
3 tablespoons butter
Several florets of cauliflower
Salt and pepper
Chopped cilantro for garnish

Note:

Add more curry paste if you want
more heat.

DIRECTIONS

1. In a large frypan, heat 1 tablespoon butter and olive oil on medium-high heat. Lay sweet potato pieces in the pan in a single layer. Lightly brown each side and remove and cook next batch.
2. Add remaining butter and onion to the pan. Sauté until the onion is translucent, until softened.
3. Return sweet potato to the pan and add the Thai red curry. Coat the onion and sweet potato.
4. Add the flour, coating the potato and onion.
5. Gradually add the chicken broth, mixing well, without lumps.
6. Add the cream, garlic, and mango chutney, mix well.
7. Add the chicken, peppers/capsicum, and cauliflower.
8. Season with salt and pepper.
9. Simmer on low-medium heat until the cauliflower is cooked through.

Serve with basmati rice and garnish with cilantro.

