HOW TO MAKE...
CHICKEN CURRY

Serving Suggestion

Ingredients

2 servings | Allergens: milk

- 1 tablespoon vegetable oil
- 300g chicken breast, diced
- 1 onion, diced
- 1 pepper, sliced
- 2 garlic cloves, peeled and sliced
- 400g tin of chopped tomatoes
- 1 tablespoon tomato puree

- 1 medium chilli, finely chopped
- 2 teaspoons mild curry powder
- 2 tablespoons natural yogurt
- Fresh or ground black pepper
- 150g long grain white rice

Food Standards Scotland

Method

1. On a clean chopping board, dice the chicken breast into small pieces. Remember do not wash the chicken, that will only spread raw juices around the kitchen, cooking will kill any bacteria present.
2. Heat the oil in a pan over a medium heat and add the chicken. Wash hands thoroughly after handling the raw chicken.
3. Cook the chicken until browned.
4. On a different chopping board (or wash the chopping board from step 1 in hot, soapy water), chop the onions, chilli, peppers and garlic.
5. Add the onions to the pan with the chicken and cook until soft.
6. Add the garlic, peppers, chopped tomatoes, tomato puree, chopped chilli and curry powder.
7. Simmer the curry for 15-20 minutes, allowing the sauce to reduce.
8. Add the natural yoghurt, stirring slowly.
9. Season with black pepper and simmer for a further 5-10 minutes. Check the chicken is cooked through (to 75°C with a digital meat thermometer) and ensure there's no pink meat.
10. Serve with the rice, cooked as per the packet instructions, and add coriander to garnish. Enjoy!

Top Tips

Always follow the 4Cs when cooking chicken to stay safe:

- **Chilling**
  Defrost in the fridge in a covered container on the bottom shelf away from cooked foods.
- **Cleaning**
  Wash hands in warm, soapy water every time after handling raw chicken.
- **Avoid Cross-contamination**
  Never wash raw chicken and always use different utensils for raw and cooked food.
- **Cooking**
  Check the chicken is cooked to 75°C, there's no pink meat and the juices run clear.

Find out more at
foodstandards.gov.scot/campylobacter

Food Standards Scotland