

## Chicken Curry

### Ingredients

- 1 chicken breast
- 1 container pre-cooked rice
- 1 cup frozen greens
- 100g greek yoghurt
- 1 tablespoon tandoori curry paste
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon ground coriander
- 10ml olive oil
- Papadums, yoghurt and chilli sauce to serve

### Method

1. Cut the chicken into small cubes.
2. Add the yoghurt to the curry paste and coat the chicken with it - set aside.
3. Heat the oil in a saucepan over medium heat and add the cumin seeds, ground coriander and turmeric. Stir to cook off the spices and to release the flavours.
4. Add chicken to the saucepan and stir to coat in the spices. Brown off the chicken.
5. Add frozen vegetables and add 100ml water, stir and leave them to simmer for a few minutes until cooked.
6. Prepare the rice as per packet instructions and place on plate. Top with curry. This and can be served with papadums, yoghurt and chilli sauce.