Chicken veggie curry

Ingredients

- 1 onion
- 2 garlic cloves
- 1 red pepper
- 1 yellow pepper
- Coriander leaves (optional)
- 400g chicken
- 1 tbsp oil (or use spray oil)
- 1 tbsp curry powder (add more if you like!)
- 1 can chopped tomatoes (400g)
- 275m water
- 100g spinach (fresh or frozen)
- Brown rice (60g uncooked per person)

Equipment

- Vegetable knife, chopping board, garlic press, spoons, 2 x saucepans.

Method

1. Prepare the ingredients:
    - peel and chop the onion;
    - peel and chop/crush the garlic.
    - deseed and chop the peppers;
    - chop the coriander leaves, if using;
    - remove the chicken skin and dice.
2. Heat the oil/spray oil in a large saucepan and fry the onion and garlic.
3. Add the diced chicken, and cook for 2-3 minutes.
4. Stir through the curry powder.
5. Add the canned tomatoes, peppers and water.
6. Stir in the spinach.
7. Allow to simmer for 20-30 minutes.
8. Cook the brown rice, as per instructions on the packet.
9. Serve the curry and rice together, and sprinkle with coriander.

Cooking healthier

We've swapped white rice for brown rice and removed double cream, butter, mango chutney and yogurt, plus added spinach and extra peppers. By doing this it's saved 163 calories, 0.6g salt, 13.3g fat, 6.9g saturated fat, 3.3g sugar, plus added 0.7g fibre per portion (compared to *chicken tikka masla* recipe).