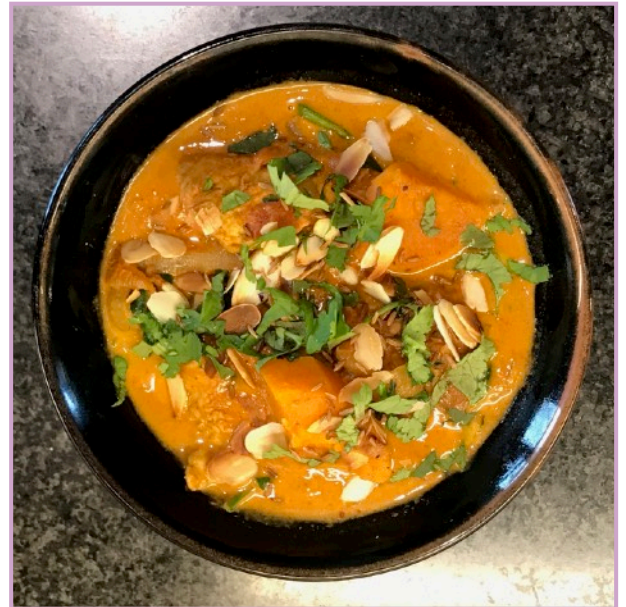




# CHICKEN AND SWEET POTATO CURRY

## WHAT YOU NEED

- 2 x onions
- olive oil
- 2 chicken breasts or boned thighs
- 2 x sweet potatoes
- 1 x Patak's paste pot  
(choose the heat you like)
- 1 x tin of chopped tomatoes
- 1 x small tub of single cream (150ml)
- Fresh coriander
- Slivered almonds



## HOW TO MAKE IT

Slice the onions and fry in oil for about 10 minutes until they start going brown. Meanwhile cut the raw chicken into large pieces, wash your hands and then peel and chop the sweet potatoes. Stir the curry paste into the pan with the onions and cook for a couple of minutes. Then add the chicken. Let it pick up colour from the paste for a couple of minutes and then add the tin of tomatoes and about half the tin of water. Heat up to a simmer and add the sweet potatoes and single cream. Stir everything slowly together and cook for about 30 minutes on a very low heat until chicken and sweet potatoes are cooked through. Sprinkle with fresh coriander and slivered almonds to serve.

## TIP 😊

Use any of your favourite accompaniments for curry - rice, naan bread, popadoms, mango chutney, dhal, raita. Make you own! natural yogurt, grated cucumber, fresh mint, garlic, salt and pepper)

