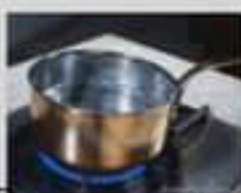


Recipe name: Chicken Ruby and Rice

1 onions
1 clove garlic
1 cm ginger
½ tsp curry powder
½ tsp turmeric
½ teaspoon cumin
½ teaspoon paprika

3 chicken thighs (boneless)
½ pepper
150g (1/2 tin) condensed tomato soup
125ml water
1 tsp garam masala
Small bunch coriander to serve



Boil the kettle and half fill the saucepan with hot water

Finely dice the onion. Peel and grate the clove of garlic, grate the ginger.

Dice the peppers.

Dice the chicken.



Add 1 tsp oil to pan.
Add the onion, pepper, garlic, ginger and spices NOT the garam masala. Add the chicken, cook until white.

Add the pepper, tomato soup and 125ml water.
Stir together.

Cook on a medium heat for 20-30 minutes so that it reduces.



Add 200g rice to the saucepan of boiling water.
Cook for 10-12 minutes until soft.

Using a colander, drain the rice in the sink.
Stir the curry that should now have thickened.

Add 1 tsp garam masala and the coriander to the curry and stir. Serve the rice.