

**GF Friendly**

## Chicken and Mushroom Curry

### A spicy chicken and mushroom curry

I know I use quite a bit of chicken in my recipes, mainly because it is relatively easy to work with and it cooks quicker than many other meats. You can, of course, choose something different like beef or lamb; but if you go this way you will need to increase cooking times. As for the spice, this can be reduced if you prefer a milder taste.

300g chicken breast fillet  
 1 onion, coarsely chopped  
 3 cup-mushrooms, coarsely chopped  
 1 carrot, thinly sliced  
 2 tsps chicken stock powder  
 1 tsp minced garlic  
 1 Tbsp Clive of India curry powder  
 1 tsp turmeric  
 ½ tsp chilli powder  
 210g (½ can) condensed chicken soup  
 1 cup milk  
 2 Tbsps olive oil, or other  
 1 tsp butter or table spread



Prepare the vegetables first; then trim any fat from the chicken and cut into 12ml (½ inch) cubes. Warm 1 tablespoon of the oil in a wok or deep frying pan and stir-fry the chicken for about 8 minutes until best part cooked. Remove this and set aside.

Put in the second tablespoon of oil into the same pan, adding the garlic, turmeric, chilli and curry powder. When just sizzling put in the vegetables and stir-fry for about 10 minutes until the carrot is softening. Return the chicken and toss for 3 minutes to re-heat.

Finally add the soup and milk, give it a good stir, bring to the boil, then turn down to simmer covered for around 15 minutes, stirring occasionally. This can be left until later – just turn off the heat and re-heat when required. Should it seem too liquid, cook on medium uncovered to reduce.

Serves 2-3 with rice and vegetables

okay to freeze...  
along with the remaining ½ can of soup

A Season of Happiness - helping you towards a better lifestyle



For a look at some more informative articles on a variety of subjects just return to the web page