



**Disclaimer:** Image contains non-puree food items which should be avoided if following a strict puree diet.

# Chicken curry

## No. of servings

4

## Ingredients

- 1 *tbsp. vegetable oil (15g)*
- 50g *onions, diced*
- 1 *tsp. garlic puree (5g)*
- 300g *chicken breast, diced*
- 1 *tbsp. curry powder (mild madras)*
- 150g *potatoes, diced*
- 1 *tbsp. tomato puree (15g)*
- 300ml *chicken stock*
- 100ml *coconut milk*
- 400ml *tinned chopped tomatoes*
- *Salt and pepper to taste*
- *Thick & Easy™ Clear*

## Preparation

- 1** Heat the oil in a saucepan, gently sweat the onions and garlic for a couple of minutes. Increase the heat and add the diced chicken. Stir in until the flesh starts to firm up and cook.
- 2** Add the curry powder, stir and cook for a further 5 minutes. Add the chicken stock, coconut milk and chopped tomatoes, simmer for 30-40 minutes. Add the diced potatoes and tomato puree. Bring to the boil and reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan.
- 3** Remove from the heat and season to taste. Allow to cool slightly, then blend until smooth.
- 4** Add liquid and thicken with Thick & Easy Clear to achieve desired consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.

## Nutritional information per serving\*

Energy kcal	268
Protein g	21
Fat g	15
Carbohydrate g	12
Fibre g	3