

# Curry in a hurry

This recipe is quick and versatile, we have used chicken and vegetables, but you could change the meat or vegetables to suit your taste. All done in about 25 minutes.

## Ingredients

1 chicken breast	400ml boiling water
1 large red onion	Vegetable stock cube
1 clove of garlic	Tin of chopped tomatoes
1 pepper	Salt to season
Handful of mushrooms	
Tablespoon of oil	
Tablespoon plain flour	
Tablespoon mild/medium curry powder	

## Method

1. Slice the chicken breast into strips and dice the vegetables.
2. Heat the oil in a saucepan and once hot fry the chicken strips for 2-3 minutes until the meat is sealed and white all over.
3. Add the vegetables and fry for another 2-3 minutes
4. Add the flour and curry powder to the pan and stir.
5. Add stock cube to the water and stir to dissolve. Add stock and chopped tomatoes to the pan and stir well and bring to the boil.
6. Reduce the heat to a simmer, taste the sauce to check the seasoning and add salt if needed. Cook for further 15 minutes, stirring occasionally.