

# Chicken, veg and coconut curry

Serves 4



## Ingredients

- 2 tsp curry paste (I used korma)
- 1 tbsp oil
- 2 chicken breasts
- 1 sweet potato/butternut squash
- 1 carrot
- 1 onion
- 2 cloves garlic
- 4 tbsp red split lentils
- 300ml water
- 1 chicken stock cube
- 400ml can coconut milk
- Rice/naan bread to serve



## Method

1. Peel and finely chop the onion
2. Crush/finely chop the garlic
3. Peel and chop the carrot and sweet potato into small chunks
4. Chop the chicken into small pieces
5. Heat oil in a pan. Add the onion and garlic and cook for a few minutes
6. Add the chicken and cook for a further few minutes
7. Add the remaining vegetables and curry paste and cook for a few minutes. (Also add extra spices if using)
8. Add the lentils and fry for 2 minutes
9. Pour in the water, coconut milk and the stock cube.
10. Bring to the boil and simmer for 20 minutes until veg is soft and the sauce has thickened (If using frozen peas add 5 minutes before the end)
11. Serve with rice or naan bread

**Optional to add:**

**Mushrooms**  
**1x Pepper**  
**Frozen peas**  
**Ginger**  
**Chilli**  
**Garam masala**  
**Turmeric**  
**Coriander**

**Tip:**

**You can use frozen veg. I used frozen butternut squash**