



Chicken Curry

SERVES 4

INGREDIENTS

- 1.4 kg chicken, cut into quarters (or use 480g chicken pieces), skin and fat removed
- 6 baby onions, peeled
- 2 tbs red or green curry paste (or to taste)
- 1 tbs fish sauce
- ½ cup low fat evaporated milk
- 2 drop coconut essence
- ½ cup salt reduced chicken stock
- 400g can tomatoes
- Juice of 1 lemon
- Chopped coriander or basil leaves

METHOD

1. Preheat oven to 190°C.
2. Place the chicken pieces in a large baking dish with the onions.
3. Combine the curry paste, fish sauce, milk, essence, stock and tomatoes in a bowl and pour over the chicken. Bake in the oven for one hour or until chicken is cooked through.
4. Pour lemon juice over sauce and sprinkle with chopped herbs.

