



Fruity Caribbean Curry

Prep:	10 mins
Cook:	60 minutes in total
Total:	70 minutes
Servings:	8 children

Ingredients

- 4 tsp vegetable or sunflower oil
- 8 chicken drumsticks , skin removed
- 4 large red onions , chopped
- 4 peppers (any colours will do), chopped
- 8 tbsp mild curry powder
- 2 x 425g cans pineapple chunks in unsweetened juice
- 2 x 400g can coconut milk
- 2 x 400g cans kidney beans , drained
- Bunch coriander, chopped

Method

1. Heat the oil in a large frying pan.
2. Add the chicken and brown well on all sides, then transfer to a plate.
3. Add the onions and peppers to the pan, and cook for 5 mins until the veg starts to soften.
4. Return the chicken to the pan and sprinkle in the curry powder, then add the pineapple with its juice, and the coconut milk.
5. Season and simmer, uncovered, for 40 mins until the chicken is tender and the sauce has reduced and thickened a little.
6. Add the beans and pepper sauce to the pan. Simmer for another 2-3 mins until the beans are warmed through.
7. Scatter with coriander and serve with cooked rice.

<https://www.bestrecipes.com.au /recipes/aussie-meat-pie-recipe-2/34l4qr5q>