

West Indian Chicken Curry



Preparation time: 15 minutes
Cooking time: 1 hour 15 mins
Total time: 1 hr 30 mins minutes
Serves: 6 children

Ingredients

- Oil
- 200g onion sliced
- 3 tbsp plus 1 tbsp (4 in total) mild curry powder to season chicken
- 4 garlic cloves, crushed
- 6 chicken thighs, bone in, skin off and scored
- 8 tbsp of coconut milk or cream
- 1 cooking apples, peeled and chopped
- 1 banana, peeled and sliced
- 250ml of water
- salt and pepper to taste

Method

- 1 Place chicken thighs in a bowl and sprinkle 1 tbsp curry powder over them. Massage into the flesh and set aside
- 2 Cook onions in oil in a frying pan over medium to high heat until translucent
- 3 Add remaining 3tbsp curry powder and continue to cook over a medium heat until oils have been released and you achieve an aromatic paste consistency
- 4 Add garlic and cook for a minute more
- 5 Remove paste from the pan and add more oil
- 6 Add chicken thighs to pan and brown thighs on both sides
- 7 Return paste to pan, add coconut milk, cook for a further 5 minutes
- 8 Add 1/4 litre water and chopped fruit
- 9 Cover and leave to cook over a low heat for 1 hr 15 mins