

Indonesian Chicken And Egg Curry

TIME **40 MINUTES** **SERVES**

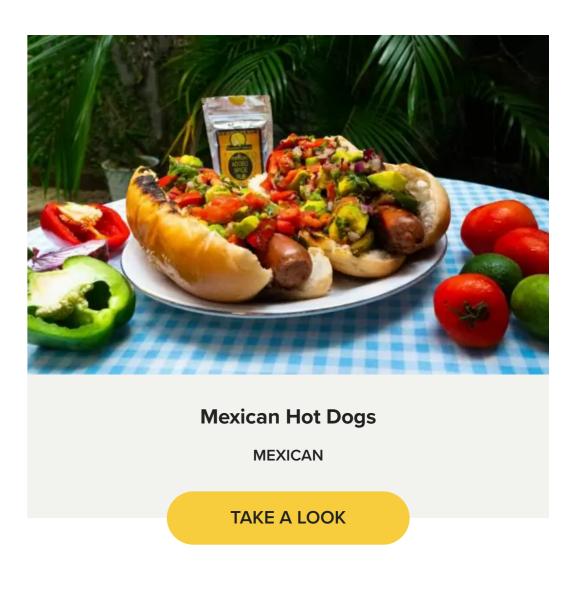
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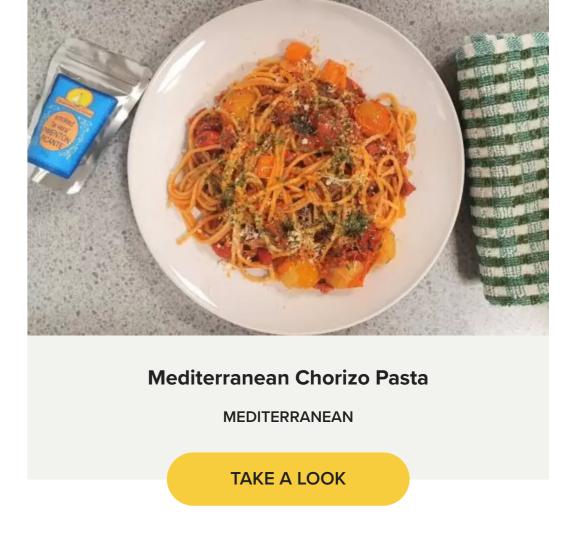
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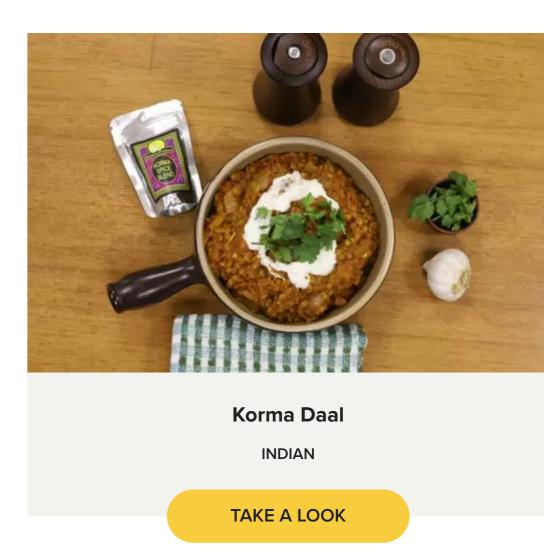
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MAKING THIS RECIPE

Ingredients

DIETARY:

100g green beans 200g baby potatoes

4 tsp Indonesian Seven Seas Curry Powder 1 red pepper, chopped

Diabetic, Low Fat, Coeliacs, Dairy Free, Gluten Free, Nut Free, Atkins

400ml coconut milk 4 chicken drumsticks 1 onion, sliced 1/2 red onion, sliced 2 carrots, sliced 1 green chili, sliced 4 garlic cloves, crushed

4 eggs 1/2 tsp ground turmeric 1/2 tsp ground ginger

1/2 tsp ground galangal 1 tsp black pepper

1 tsp salt A dash of extra virgin olive oil

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Method

Step 1:

Hard boil the eggs, peel and set aside.

Step 2:

On a medium heat, lightly fry the onions, garlic and chilli in a dash of oil.

Step 3:

When the onions have browned, add the Indonesian Seven Seas Spice Mix, along with the turmeric,

ginger and galangal. Mix for a further two minutes.

Step 4:

Add the carrots, peppers, beans, potatoes and chicken. Mix together until coated with the spices.

Step 5:

Add the salt and pepper, then add coconut milk and simmer until the chicken is cooked and the vegetables are tender.

Step 6:

Meanwhile, fry your boiled eggs in a separate pan with a dash of oil until browned on all sides. Then add them to the simmering curry.

Serve with rice and sides of your choice (spring rolls or prawn crackers are great).

Buy the ingredients for this recipe