

# Zanzibar Chicken Curry

TIME	SERVES	CUISINE	SULTRY
30 MINUTES	2	AFRICAN	🌶️🌶️

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DIETARY:  
Gluten Free, Salt-Free, Atkins, Diabetic, Low Fat, Coeliacs, Dairy Free, Nut Free

## MAKING THIS RECIPE

### Ingredients

- 1 Red Onion (finely sliced)
- 1 Courgette (halved lengthwise and then chopped into chunks)
- 1 Chicken Stock Cube
- 1 Tin of Coconut Milk
- 2 Garlic Cloves (minced)
- 2 Chicken breasts or 4 chicken thighs (chopped into chunks)
- 2 teaspoons **Zanzibar Curry Powder**
- 2 Plum Tomatoes (Chopped into chunks)
- 1 Bag of Spinach

### Method

This Zanzibar Chicken Curry is a brilliant base, instead of chicken try fish, beef, prawns and meat-free alternatives. We love making this on Boxing day with the Christmas dinner leftovers.

**Step 1:**  
Heat a plug of oil in a saucepan over medium-high heat. Add the chicken and onions. Cook until brown all over and onions are soft – around 5-6 mins.

**Step 2:**  
Add the garlic, 2 chopped tomatoes, courgette and Zanzibar curry powder to the pan. Cook for 1 minute more.

**Step 3:**  
Add the coconut milk and the chicken stock cube. Bring to the boil, stir and then lower the heat so the curry simmers for 15 mins or until the sauce has thickened.

**Step 4:**  
To the pan add the bag of spinach and allow to wilt for 3 mins. Once the spinach has wilted, mix it through the curry. Season with salt and pepper.

\*Serve with rice\*

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## Buy the ingredients for this recipe



## What our customers think ...

Rowena Whiteman

★★★★★

← →

As with all your spice products, this is an excellent choice when we make our curries, which is often twice a week!

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