

Zanzibar Chicken Curry

TIME **30 MINUTES** **SERVES**

CUISINE AFRICAN

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

SULTRY

SHARE THIS RECIPE

PRINT THIS RECIPE 🚐

Other recipes



Lebanese Rice With Beef, Sumac **And Egg**

MIDDLE EASTERN, MIDDLE EAST

TAKE A LOOK



Sausage And Bean Casserole



WORLDWIDE

TAKE A LOOK



Chermoula Salmon Bagel MIDDLE EASTERN, MOROCCAN

TAKE A LOOK



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 glug 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 thought the curry. Season with salt and pepper.

Serve with rice

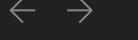
Buy the ingredients for this recipe



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!

© 2020 The Seasoned Pioneers. All Rights Reserved

Join our mailing list

Keep up to date with our monthly newsletter

JOIN NOW

Find us on social media







Blog

About us

Contact us

Cookie policy Delivery

FAQs

Green Policy

Heat Rating Guide Our Guarantee

Security and privacy policy

Terms & Conditions

The People

Trade

Tree planting **Useful Links**