

Zanzibar Chicken Curry



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 or 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. 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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