

# One Pot Chicken Curry ☺

## Ingredients

- 10 chicken thighs
- 2 apples
- 4 cups of peas or beans
- 2 onions
- 4 zucchinis
- 2 large tins tomatoes (2 x 880g)
- 1 tablespoon sultanas
- 3 tablespoons curry powder
- 4 shakes of pepper
- 4 cloves garlic, crushed



## Cooking things

- Large knife
- Chopping board
- Large saucepan
- Tablespoon
- Vegetable peeler



**Wash hands**



## Step 1

Take skin off chicken.



## Step 3

Place apples, onions, zucchini, peas or beans, chicken, tomatoes, sultanas, curry powder, garlic and pepper into a large saucepan.



## Step 2

Peel and chop apples and onions. Chop zucchini.



## Step 4

Bring to the boil slowly and cook over a low heat for 1 hour. Serve with rice, pasta, damper or bread.

FEEDS	TIME TO COOK	HOW TO MAKE IT STRETCH
10	THIS RECIPE takes <b>LONGER</b> TO MAKE	<ul style="list-style-type: none"><li>• add another tin of tomatoes</li><li>• make sure there is plenty of rice</li></ul>



Source: Adapted from Tastes Good, Is Good: Tasty Tucker for 10 or More, Nutrition and Physical Activity Program, Department of Health and Community Services, Northern Territory Government, 2001. Contributed by T. Tree Clinic.