

Chicken and Sweet Potato Curry

This is a recipe that's been in the family for years and is a popular Friday night meal. It's simple and quick to make and can be cooked on the stove, in the oven or even in a slow cookpot. Using a slow cooker will break the sweet potato down and produce a really rich curry sauce.

Serves 4

Ingredients:

500g chicken breast cut into 1 inch cubes
2 medium onions
1 Large sweet potato peeled and cut into 1 inch cubes
1 Jar of Patak's tikka masala curry paste
1 Tin of chopped tomatoes
1 Tin of coconut milk
1 bag of spinach
1 Small bunch of coriander, chopped

Method:

Chop the onion and fry over a medium heat with a little olive oil, in a large deep sided pan. Add the sweet potato to the pan with the onions and fry for 4-5 minutes until onions are starting to soften. Add just over half the jar of curry paste and stir in (if you like warmer curries add the whole jar!). Add the chopped chicken to the pan and stir in. Add the tinned tomatoes and the coconut milk and stir in. Bring to the boil then turn the heat down, place a lid on the pan and simmer for 35 minutes, stirring occasionally.

Once cooked add handfuls of the spinach and stir in and then add the chopped coriander. Serve with steamed basmati rice, mango chutney and poppadums.

Alternatively, if you want to oven cook, prepare as above but instead of simmering, remove from the stove and place in a casserole dish, cover and cook on gas mark 4 for 2 hours, adding the spinach and coriander after. Use the same method for slow cooking but cook on low for 4 hours.

