



Chicken and Potato Curry

with Roti

A chicken mince and potato curry with tomato,
served with roti bread.



30 minutes



2 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	2
SWEET POTATO	300g
TOMATO	1
CHICKEN MINCE	300g
ROTI BREAD	6-pack

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or curry paste

NOTES

If you want a more filling dish you can serve the curry with rice.

Add some greens or extra veggies to the curried chicken. Baby spinach, frozen peas or sliced kale can be stirred in at step 2.

No gluten option – roti bread is replaced with 150g basmati rice. Place rice in a saucepan, cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

1. COOK THE POTATOES

Dice potatoes and sweet potato (2–3cm). Add to a large frypan over medium-high heat with **oil**. Stir in **1–2 tbsp curry powder or curry paste** (see tip) until fragrant. Pour in **1 cup water** and cook for 8–10 minutes until just starting to soften.

TIP *You can add some aromatics like diced onion, grated ginger, crushed garlic or curry leaves. We used 2 tbsp pre-made curry spice mix and 1 tsp black mustard seeds. You could use Indian curry powder or a blend of ground cumin, turmeric and coriander.*

2. ADD THE TOMATO AND CHICKEN

Wedge tomato and add to pan along with chicken (add more oil if needed). Cook for 5 minutes until sealed. Stir in **1/2 cup water** and simmer for a further 5 minutes or until vegetables are tender. Season with **salt and pepper** to taste.

TIP *For extra richness and depth to the curry you can add tomato paste, tinned chopped tomatoes or coconut milk.*

3. WARM THE ROTI BREAD

Meanwhile, warm roti bread in a frypan with **oil** over medium-high heat for 30 seconds on each side. Keep warm in a clean tea towel until serving.

4. FINISH AND SERVE

Serve the chicken and potato curry with roti bread.

TIP *You can garnish the curry with fresh coriander or crispy curry leaves on top. Serve with chutney or yoghurt if you have some!*

This recipe has simplified instructions to help lower your meal cost.