

Kavi's Chicken Curry

500g chicken, cut into bitesize pieces

2 onions, chopped

3 tomatoes, chopped

2 potatoes, diced

1tsp garlic paste

1tsp ginger paste

¼ tsp turmeric powder

½ tsp chilli powder

¾ tsp coriander powder

½ tsp cumin powder

½ tsp garam masala powder

1 cup coconut milk

Salt to taste

2tbsp oil



Heat the oil in a pan and fry the onions. Once the onions turn translucent add the ginger and garlic pastes and fry until the onions turn a golden brown. Add all the powders/spices and fry on a low heat for just a minute. Add the chicken, potatoes and tomatoes and fry for around 4-5 minutes on a medium heat. Add the salt and coconut milk and cook until the chicken and potatoes are cooked through.

Used with kind permission from the Braeport Memory Café at Dunblane Meeting Centre, taken from their recipe book 'Dementia Friendly Dunblane – Our favourite recipes'.

www.dementiafriendlydunblane.org

