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**One-pan mango chutney chicken curry**



# One-pan mango chutney chicken curry

SERVES 4 PREP 20 mins COOK 25 mins EASY ✨

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- 1 onion, peeled
- 4 garlic cloves
- large piece ginger, peeled
- 4 tbsp vegetable oil
- 1 tbsp cumin seeds
- 2 tbsp curry powder
- 400g can chopped tomatoes
- 2 tbsp mango chutney
- 4 chicken breasts, cut into chunks
- 200ml chicken stock
- 1 tsp garam marsala
- small handful coriander, roughly chopped, and naans or rice, to serve

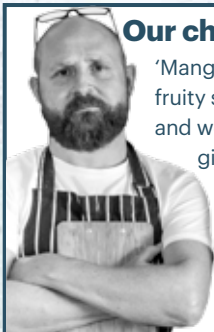
**1** Using a box grater, coarsely grate the onion into a bowl, then finely grate in the garlic and ginger. Alternatively chop the three together in a mini chopper to a rough paste. Heat the oil in a deep frying pan or shallow, wide saucepan. Sizzle the cumin for 30 secs, then add the onion, garlic and ginger mix. Fry for 8-10 mins until dark golden.

**2** Stir the curry powder into the onions and leave for a minute, then tip in the tomatoes and chutney. Season with salt, bring to a simmer, then stir in the chicken and cook for 2 mins. Pour over the stock and simmer everything for 10 mins until the chicken is cooked through. Turn off the heat, stir in the garam marsala, sprinkle over the coriander and serve with rice or naans.

**GOOD TO KNOW** healthy • low cal • iron • 1 of 5-a-day  
**PER SERVING** 343 kcal • fat 14g • saturates 1g • carbs 12g • sugars 9g • fibre 4g • protein 40g • salt 0.6g



Photographs TOM REGESTER | Shoot director SARAH BIRKS Food stylist MYLES WILLIAMSON | Prop stylist OLIVIA WARDLE



## Our chef's secret twist

'Mango chutney gives this curry a fruity sweetness that kids will love, and we've also tamed the spice to give it universal appeal. If you want to make it a bit hotter, use a hot curry powder or scatter over chopped green chilli at the end.'

**Barney Desmazery**

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