

HOW TO USE · CURRY MASALA

EASY CHICKEN CURRY

Warm, earthy and golden. An easy weeknight chicken curry.

SERVES	PREP	COOK
4	10 min	30–35 min

INGREDIENTS

- 2 tbsp oil
- 1 onion, diced
- 2 tbsp Curry Masala (about 18 g)
- 1 kg chicken thigh fillets, cut into bite-size pieces
- 400 g can crushed tomatoes
- 400 mL can coconut milk
- Salt, to taste
- Steamed rice, to serve



METHOD (stovetop)

1. Heat the oil in a large pan over medium heat. Cook the onion for 5 minutes, until soft.
2. Add the Curry Masala and stir for 1 minute, until fragrant.
3. Add the chicken and cook for 5 minutes, stirring, until coated and lightly browned.
4. Stir in the tomatoes and coconut milk. Simmer 20–25 minutes, stirring now and then, until the chicken is cooked through and the sauce has thickened.
5. Season with salt to taste and serve with steamed rice.

EASY CHICKEN CURRY

SLOW COOKER

Low · 6 hr

Set and forget

1. Cook the onion and Curry Masala in a pan for 2 minutes, then tip into the slow cooker.
2. Add the chicken, tomatoes and coconut milk and stir.
3. Cook on low for 6 hours (or high for 3–4 hours), until the chicken is tender.
4. Season with salt to taste and serve with rice.

CURRY ROAST VEGETABLES

200°C fan · 30–35 min

Cauliflower, potato or pumpkin

1. Toss 1 kg chopped vegetables with 3 tbsp oil, 1 tbsp Curry Masala and a pinch of salt.
2. Spread on a lined tray in a single layer.
3. Roast at 200°C fan-forced for 30–35 minutes, turning once, until golden and tender.

AIR FRYER DRUMSTICKS

200°C · 22–25 min

Curry chicken drumsticks

1. Toss 8 chicken drumsticks with 1 tbsp oil, 1 tbsp Curry Masala and ½ tsp salt.
2. Heat the air fryer to 200°C and cook in a single layer.
3. Cook 22–25 minutes, turning halfway, until the thickest part reaches 75°C.

OTHER WAYS TO USE IT

→ Stir into soups, lentils or rice dishes.

→ Mix with plain yoghurt as a marinade for chicken.

→ Toss through potatoes with oil and salt before roasting.

ALLERGENS Contains: Mustard.
SALT-FREE BLEND no added salt, so season to taste.