

CREAMY CHICKEN AND BUTTERNUT SQUASH CURRY

Serves 4

3 garlic cloves, crushed
5cm root ginger, peeled and grated
12 spring onions, chopped
2tbsp curry powder (mild to hot, depending on your taste)
1teasp ginger powder
400g chopped tomatoes
200ml boiling chicken stock
4 chicken breasts or 8 skinned and boned chicken thighs, cut into chunks
1 large butternut squash, peeled and diced into small chunks
Small handful of dried or fresh curry leaves
200g fromage frais
Fresh coriander, chopped

Heat a large heavy bottom pan. Add a drop of oil and fry garlic, fresh ginger and most of the spring onion. Add tbsp of water and cook until soft.

Add curry powder, ground ginger, diced chicken and butternut squash. Add chopped tomatoes and stock.

Simmer uncovered for 30 minutes until the sauce has reduced and thickened and chicken is cooked
Cool slightly and add half the fromage frais and season to taste
Drizzle remaining fromage frais and chopped coriander.

Serve with boiled rice



