

## CHICKEN CURRY

### Ingredients

1 tbsp sunflower oil  
1lb diced chicken breast or thigh meat  
1 onion-sliced  
1 eating apple-peeled, cored and diced  
2 tbsp curry powder  
1oz flour  
1 tbsp tomato puree  
150ml chicken stock  
2 tbsp mango chutney  
1 tbsp desiccated coconut  
200ml creamed coconut  
1 tbsp sultanas

### Method

Heat the oil in a large pan and fry the chicken meat until browned, remove from the pan. Add the onion and apple to the pan and fry until soft, stir in the curry powder and flour and cook for a couple of minutes, stir in the tomato puree, mango chutney, coconut, coconut cream, sultanas and stock, return the chicken to the pan and bring to the boil, cover and place into the simmer oven for approx 1 hr