



# Apricot chicken curry

Recipe by Waterbridge Community Pantry



Serves 4-6



30 minutes

## INGREDIENTS

- 1 kg chicken breast fillets, diced small
- 1 small onion, sliced
- 1 tablespoon curry powder
- 2 teaspoons mustard powder
- ½ cup tomato sauce
- ½ to 1 jar of apricot jam (depends how apricoty you'd like it!)
- 300ml of cream
- Salt and pepper

To serve:

- 1 broccoli
- ½ cauliflower
- 3 carrots, diced
- Rice

## DIRECTIONS

1. Dice chicken into small pieces and put into a pot with diced onion, then cover with water. Put the pot on stove and cook until chicken is cooked through and not pink. Drain all the water and set the chicken aside.
2. While the chicken is cooking, rinse the rice, then cook it using your preferred method. Put the vegetables on to steam or boil.
3. Into another large pot, add the cream, apricot jam, curry powder, mustard powder, and tomato sauce. Heat through until the jam has dissolved; then bring to the boil. Take the pot off the heat, and add the chicken back in to heat through.

Serve the curry with rice and vegetables.

## NOTES

You can replace the suggested vegetables with whatever veg you have in the fridge or garden



# Afternoons

with Joel Rheinberger

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