

**BRISTOL INDEPENDENTS**  
keep our high streets alive



# Henleaze chicken and potato curry

*Serves 6*

## Ingredients

6 tablespoons sunflower oil  
1 small onion, chopped  
1 teaspoon garlic paste  
1 teaspoon ginger paste  
250g tinned or fresh tomatoes  
salt to taste  
2 teaspoons turmeric  
1 teaspoon coriander powder  
1 teaspoon cumin powder  
1kg chicken skinned and chopped  
2 large potatoes, peeled and diced  
1 teaspoon garam masala  
handful fresh coriander, chopped  
1 teaspoon lemon juice

## Method

Heat the oil in a medium sized pot or wok. Add the onion and sauté over a medium heat for about 4–5 minutes until translucent.

Turn the heat down a little. Add the garlic and ginger pastes and stir for a few minutes. Blend in the tomatoes, salt and dry spices, adding a little bit of water if needed.

Stir in the chicken, cover the pot and cook over a low–medium heat for about 10 minutes.

Add the potatoes with the garam masala and cook for a further 15–20 minutes, until the chicken is cooked and the potatoes are tender. Garnish with fresh coriander and drizzle some lemon juice on top.

**Where you could buy the ingredients** From many independent traders in the area including Lloyds, The Bay Tree, Chandos Deli, and Molesworths of Henleaze.