

Jerk Chicken Curry

Serves
4



Ingredients

- 600g Chicken breasts (diced)
- 1 Small onion (diced)
- 1 Clove garlic (minced)
- 1 Chicken stock cube
- 2 tsp Spicemasters Jerk Mix
- 400g Tin chopped tomatoes
- 100g Butternut squash (diced)
- 125g Button mushrooms (sliced)
- 400ml Tin coconut milk
- 2tbsp Oil or ghee

Method

Prepare your ingredients.

Add 2 tablespoons of oil or ghee to a pan.

Fry the onion for a few minutes or until it starts to brown.

Add the Spicemasters Jerk mix and continue to fry for 3 to 4 minutes.

Add the garlic, stock cube and stir continually whilst cooking for 2 minutes.

Add the chicken and continue to cook for 4 to 5 minutes until the chicken is sealed and turns white.

Add the butternut squash and mushrooms, then add the coconut milk and chopped tomatoes.

Bring to a boil, stirring occasionally.

Reduce the heat and simmer. Leave to cook for 30 – 35 minutes, stirring occasionally.

Serve and enjoy. Tasty with boiled rice.