

## Hubert's CHICKEN CURRY

Serves 4

Ingredients: 1 organic chicken breast – cut into thin slices  
1 brown onion – diced  
2 small red chillies – chopped [remove seeds if you don't like it too hot]  
1 each celery stick, zucchini, carrot – diced  
¼ Kent pumpkin – diced  
1 cup chicken broth  
3 twigs of curry plant – if available  
1 tsp curry powder  
2 tsp red curry paste  
2 tablespoons sour cream [light or regular depending on your preference]

Sauté onion and chillies in grapeseed\* oil. Add all vegetables and stir through. Add curry plant and chicken broth and simmer for 5 minutes.

Pan fry chicken with curry powder until meat is seared. Add chicken to the vegetable mix with curry paste and simmer for another 3 minutes. Add sour cream – stir well and serve.

May be served on a bed of rice or by itself.

Quick and easy.

Enjoy !

\* Olive oil is not suitable for frying as it is unstable at high temperatures.

