



INCABERRIES

Curried Chicken

Serves 2

Ingredients

2 boneless chicken thighs chopped into bite size pieces

olive oil

1 medium onion – chopped

1½ level tablespoon plain flour

1 tablespoon mild curry powder

1 clove garlic chopped finely

1/4 teaspoon grated ginger

1/4 teaspoon turmeric

1 teaspoon sugar - optional

1/3 cup incaberries

1 cup chicken stock or as required

1 teaspoon lemon juice

Method

Heat olive oil and lightly cook chicken pieces. Then remove.

Sauté the onion, garlic and ginger for a couple of minutes

Then add flour, curry powder, turmeric, sugar, lemon juice and stock a little at a time until sauce thickens.

Add incaberries and return cooked chicken pieces.

Simmer for 3-5 minutes until heated through.

Serve with cooked rice and broccoli.