



## Tim Gannaway's **CHICKEN CURRY**



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Using popular store cupboard items such as pickle and tomato sauce, Tim's recipe means a large roast chicken will feed his Abingdon family of four for two days.

### *Ingredients*

- 1 tablespoon vegetable or olive oil
- 1 onion, diced
- 1 cooking apple, diced
- 2 tablespoons plain flour
- Curry powder (as hot as you like)
- 3/4 pint chicken stock
- 1 tablespoon ploughman's/sweet pickle
- Dollop of tomato sauce
- 1 handful of sultanas
- The leftover chicken from yesterday's roast

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### *Method*

- ① Fry the onion and apple in a saucepan with a little oil for a couple of minutes.
- ② Add the flour and curry powder to taste and cook for a further minute.
- ③ Put the stock, pickle, tomato sauce and sultanas in the pan and cook for 5 minutes.
- ④ Stir in the cold cooked chicken and cook for up to 20 minutes.
- ⑤ Tim serves his curry with rice, poppadoms and some fresh apple, orange and banana, but you could also serve with naan bread and Indian pickles. You could also add any leftover veg to the curry towards the end of the cooking, making sure they are heated thoroughly before serving.

