

SERVES 8



CHICKEN CURRY WITH LENTILS

INGREDIENTS

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| 2 x chicken breasts, chopped in cubes (15-20mm) | 1 tbsp Masala spice |
| ½ canned lentils, drained | ½ cup canned diced tomatoes |
| ½ onion, diced | ½ cube chicken stock (dissolved in 250ml water) |
| ½ tbsp curry powder | 1 tbsp sunflower oil |
| 1 tsp fresh ginger, chopped | Salt and pepper to taste |
| 1 tsp fresh garlic, chopped | |

METHOD

- Pre-heat oven to 160°C.
- Heat a skillet on medium heat - add oil, chopped onions, chopped garlic, chopped ginger and sauté for 5-7min.
- Add the rest of the ingredients, stir well.
- Pour the mixture into a Twinsaver Foil Freezer dish. Cover with Twinsaver Heavy Foil and cook for 30-40min.
- Serve with cooked rice and chutney.

COOKING TIP: Dish can be frozen before cooking. Defrost a few hours before serving. Cook for 30-40 min at 160°C.