

Chicken and apple curry with rice



Ingredients (serves 2)

- 200g chicken breast
- 1 skimmed yogurt (lactose-free in case of intolerance)
- 1 garlic clove
- 1 large onion
- 1 finger-thick piece of ginger root
- 4 tbsp coconut milk
- 1 apple
- 1 tsp of curry powder
- 1 lemon
- 100 g basmati rice
- Extra virgin olive oil
- Salt (skip in case of hypertension or fluid retention)

Method

1. Cut the chicken into strips and salt. Reserve.
2. Grate the onion and garlic.
3. Fry the garlic and onion with a drizzle of olive oil over low heat until soft and brown.
4. Add the sliced ginger.
5. Add the yogurt, the coconut milk, and the curry powder to the pan. Remove and cook for one more minute.
6. Add the chicken and a splash of water. Cover and cook slowly until tender.
7. Peel the apple, remove the seeds and cut into cubes. Add to the pan and finish cooking for a few more minutes.
8. Remove the slices of ginger, season with some salt, and dress with a few drops of lemon juice.
9. Boil the rice in a saucepan with water, according to package instructions. Strain and reserve.
10. Serve the stew while hot with a side dish of rice.