

Bungle Jungle Curry

Serves 2 - 4

What you need:

2 tablespoons of olive oil
1 small onion, peeled and chopped
2 cloves of garlic, peeled and crushed
2 skinless, free-range chicken breasts
2cm piece of fresh ginger, peeled and grated
1 teaspoon of mild curry powder
1 small sweet potato, peeled and diced
2 carrots, peeled and sliced
250ml coconut milk
1 pouch of Ella's Kitchen Smoothie Fruits – "The Yellow One"
100ml vegetable stock
125g green beans, trimmed and washed
2 tablespoons of chopped flat leaf parsley

What you need to do:

- Heat the oil in a large saucepan and add the onion and garlic
- Fry it for 1 minute, stirring. Cut the chicken breast into bite-size pieces and add them to the pan
- Fry them for 5 minutes over a medium heat, stirring every now and then until the chicken pieces are golden brown all over
- Add the ginger and curry powder and cook for further minute, stirring all the time
- Add the sweet potato and carrot
- Mix together the coconut milk, Ella's Kitchen Smoothie Fruits – "The Yellow One" and stock and add it to the pan
- Mix everything together well and bring the liquid to the boil
- Leave it to simmer over a low heat for 20 minutes until the sweet potato is soft
- Add the beans and cook for a further 3 minutes until they are just soft
- Finally stir in the parsley
- Serve the curry on a bed of rice

Preparation time: 30 minutes

Cooking time: 30 minutes