

# Cape Malay Chicken Curry



For those who like curries on the milder side, try this light, gently spiced South African curry.

## **Ingredients**

- 8 chicken thighs, bone in
- 800 ml chicken stock
- 1 tbsp garam masala
- 1 cinnamon stick
- 1/2 tbsp cumin
- 1 tbsp curry powder
- 1 tsp chilli powder (optional)
- 2 small onions, chopped
- 2 tsp ginger, grated
- 2 tsp garlic, crushed
- 400 g canned tomatoes
- 4 potatoes, peeled and diced

1 swede, largely diced

1/4 cauliflower

extra virgin olive oil, for cooking

## **Method:**

1. In a heavy based pan over high heat, seal chicken pieces with olive oil in batches. When brown, transfer to a plate and set aside.
2. Put the pan back on the heat, drizzle a little bit more olive oil and add the garam masala, cinnamon, cumin, curry and chilli powder. Cook spices until fragrant, being careful not to burn them.
3. Add the onions, garlic and ginger. Cook until softened, then add the tomatoes, potatoes, swede, cauliflower, chicken and chicken stock. Let it simmer for 30-40 minutes. Season to taste.
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