

CARIBBEAN FOOD WEEK

20th-27th August

**BROADEN YOUR HORIZONS
AND CELEBRATE
CARIBBEAN FOOD WEEK
WITH US TODAY!**

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Caribbean chicken curry

70299	Everyday Favourites Ground Turmeric	1g
70378	Everyday Favourites Ground Coriander	2g
46574	Everyday Favourites Garlic Purée	12g
49935	Everyday Favourites Hi-Life Veg Oil	50ml
07263	Diced Chicken Thigh Meat	1kg
01623	Everyday Favourites Diced Onions	150g
70372	Everyday Favourites Chilli Powder	2g
71355	Maggi Coconut Milk Powder	90g
	Water	620ml
04183	Everyday Favourites Chicken Boullion Paste	40g
34200	Maggi Rich & Rustic Tomato Sauce	200ml
29529	Everyday Favourites Bay Leaves	3
	Butternut Squash	500g
	Lime	1
	Coriander	10g

- Place turmeric, coriander, garlic puree and half the oil in a bowl and mix together then add the diced chicken and set to one side to marinate.
- Add the remaining oil add to a pan and heat. Add the onion and chilli powder and cook for 2 minutes then add the chicken mix and brown all over.
- Mix the coconut powder with the water and the boullion powder and stir into the pan.
- Then add the tomato sauce, bay leaves, butternut squash, juice of the lime and allow to simmer for an hour.
- Chop the coriander and once the chicken is cooked and the sauce is reduced, garnish with the coriander and serve.

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