



## Chicken Curry

### Ingredients:

- 500g chicken breast, diced
- 2 tbsp vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp ginger paste
- 2 tbsp curry powder
- 400ml coconut milk
- 2 tomatoes, chopped
- Salt and pepper to taste
- Fresh coriander for garnish

### Instructions:

1. Heat oil in a pan and sauté onion until golden.
  2. Add garlic and ginger, cook for 1 minute.
  3. Stir in curry powder and cook for 30 seconds.
  4. Add chicken and cook until browned.
  5. Add tomatoes and coconut milk, simmer for 20 minutes.
  6. Season with salt and pepper, garnish with coriander.
-



## **Fish Curry**

### **Ingredients:**

- 500g white fish fillets, cut into chunks
- 2 tbsp oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry paste
- 400ml coconut milk
- 1 tsp turmeric
- Juice of 1 lime
- Fresh coriander

### **Instructions:**

1. Heat oil and fry onion until soft.
  2. Add garlic and curry paste, cook for 1 minute.
  3. Stir in coconut milk and turmeric, simmer for 5 minutes.
  4. Add fish and cook gently for 10 minutes.
  5. Add lime juice and garnish with coriander.
-



## Chicken Con Carne

### Ingredients:

- 500g minced chicken
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 red pepper, diced
- 400g chopped tomatoes
- 400g kidney beans, drained
- 2 tbsp tomato paste
- 1 tbsp chili powder
- 1 tsp cumin
- Salt and pepper

### Instructions:

1. Fry onion and garlic until soft.
  2. Add minced chicken and cook until browned.
  3. Stir in pepper, chili powder, cumin, and tomato paste.
  4. Add tomatoes and beans, simmer for 20 minutes.
  5. Season and serve with rice or bread.
-



## Chicken Hot Pot

### Ingredients:

- 500g chicken thighs, boneless
- 2 carrots, sliced
- 2 potatoes, sliced
- 1 onion, chopped
- 500ml chicken stock
- 1 tbsp flour
- 2 tbsp butter
- Salt, pepper, and thyme

### Instructions:

1. Preheat oven to 180°C.
  2. Melt butter, add onion and cook until soft.
  3. Stir in flour, then add stock gradually.
  4. Add chicken and carrots, simmer for 10 minutes.
  5. Transfer to a baking dish, layer potatoes on top.
  6. Bake for 45 minutes until golden.
-



## Lamb Hot Pot

### Ingredients:

- 500g lamb shoulder, diced
- 2 onions, sliced
- 2 carrots, sliced
- 3 potatoes, sliced
- 500ml beef stock
- 1 tbsp flour
- 2 tbsp oil
- Salt, pepper, and rosemary

### Instructions:

1. Preheat oven to 180°C.
  2. Heat oil, brown lamb pieces.
  3. Add onions and carrots, cook for 5 minutes.
  4. Stir in flour, then add stock and rosemary.
  5. Transfer to a casserole dish, layer potatoes on top.
  6. Bake for 1 hour until potatoes are crisp and lamb is tender.
-