Let's get cooking with

Healthworks
the community health charity

Chicken Meatball Curry

What you need:

Meatballs
- 1 tbsp. oil
- 1 tbsp. chopped onions
- 200g chicken mince
- Half tsp ginger paste
- Half tsp garlic paste
- 1 tsp chopped coriander
- Half tsp turmeric powder
- Half tsp curry powder
- Half tsp cumin powder

Sauce for curry
2tbsp chopped onion
Half tsp garlic paste
Half tsp ginger paste
Half tsp turmeric powder
Half tsp curry powder
Half tsp cumin powder
2 tbsp. plain yoghurt
2 tbsp. oil

How to prepare:

1. For the Meatballs, mix all the ingredients in a bowl and make them into little balls.
2. Add oil into a frying pan and fry the balls for 5 minutes
3. Add oil into a pan and add the onions, ginger and garlic paste. Fry for a few minutes.
4. Add all the powders and stir, then add the yoghurt and fry for a few minutes.
5. Add 1 cup of water and bring it to a boil.
6. Add the balls and simmer for a further 10 minutes, stirring occasionally.

Enjoy!

From the Community Skills Team
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