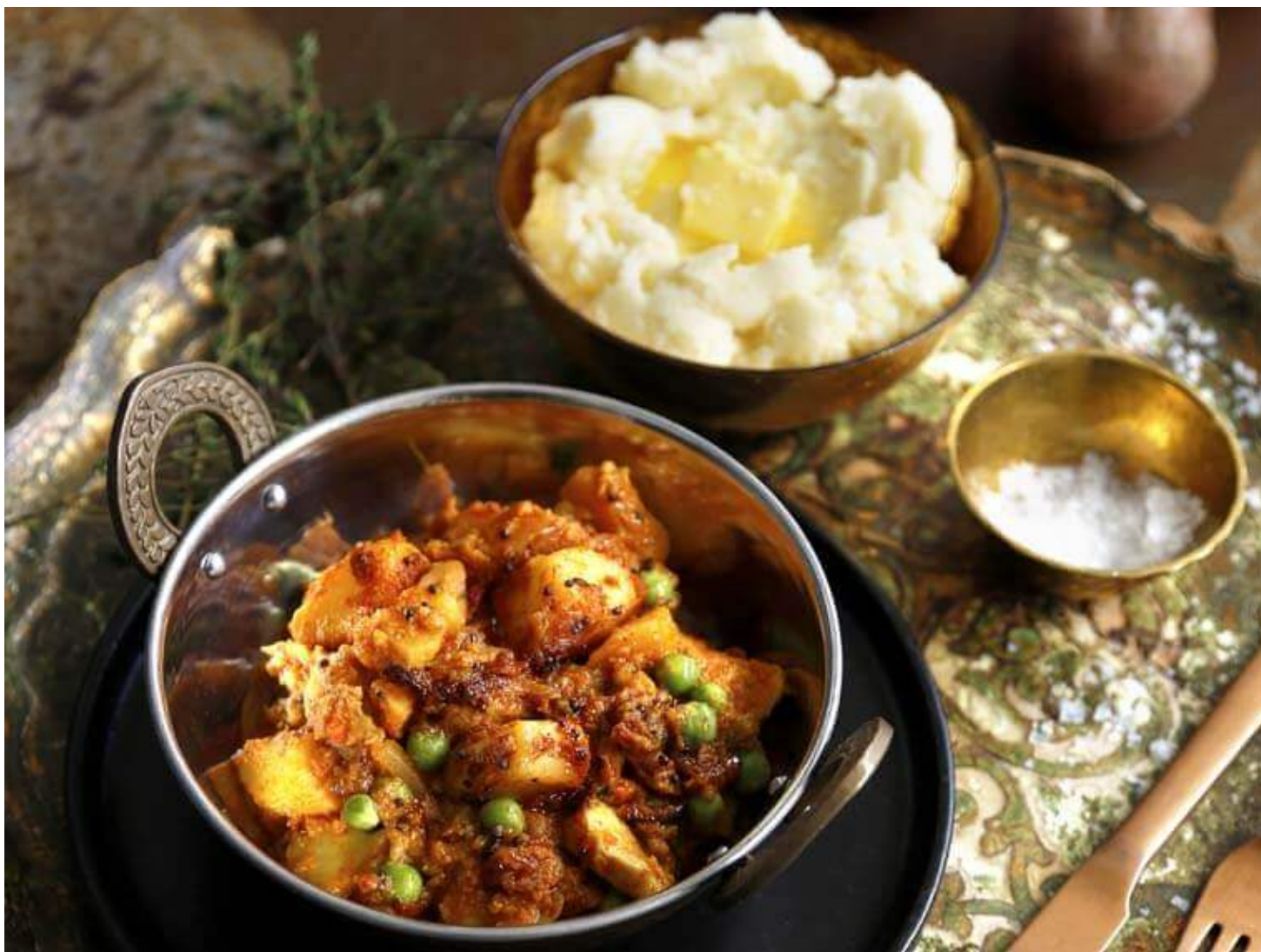


## MASH WITH CHICKEN CURRY



**Serving:** 4 - 6

**Cooking Time:** Not Specified

**Prep Time:** Not Specified

### INGREDIENTS

- 2 Tbsp. hot / 4 Tbsp. mild curry powder
- 1 tsp. cumin

- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 tsp. turmeric
- 1 tsp. coarse salt
- 1 tsp. black pepper

## INSTRUCTIONS

### For the curry

- 8 bone in chicken thighs- skin on
- Olive oil
- 2 large onions
- 2 cloves of garlic
- 2 tins of tomatoes
- 2 cups water
- ¼ cup vinegar
- 4 bay leaves
- 3 Tbsp. apricot jam

### Method

1. In a bowl combine all the ingredients for the rub together. Sprinkle the rub on the chicken thighs and use your fingers to massage and coat the chicken evenly on all sides.
2. Heat 2 Tbsp. of oil in a heavy pot over medium/high heat. Add the chicken in batches so as not to overcrowd them. Sear the thighs on both sides (3-4 minutes) until golden brown. Remove the chicken and set aside.
3. Slice the onions into slices and chop the garlic cloves.
4. In the same pot add the sliced onions and garlic and cook on medium heat until golden and caramelized (6-8 mins).
5. In a bowl combine the tinned tomatoes, water, vinegar, bay leaves and apricot jam.
6. Place the chicken back in the pot on top of the onions. Pour over the tomato mixture. Simmer uncovered for 80 minutes.
7. Serve with our perfect mash and sambals (tomato cucumber salad and sliced bananas).

**TIP:**

**You can use chicken breasts instead of thighs, but you might need to increase the cooking time and add some water to keep the chicken moist.**