

Caribbean chicken curry with pineapple

Serves 4 | 10 min prep | 50 min cooking

Ingredients

- **2 tsp** vegetable oil
- **4** skinless chicken drumsticks
- **2** large red onions, finely chopped
- **2** bell peppers, diced
- **3–4 tbsp** mild curry powder
- **1 tin (425 g)** pineapple chunks in unsweetened juice
- **1 tin (400 g)** coconut milk
- **1 tin (400 g)** kidney beans, drained
- **2–4 tbsp** hot pepper sauce, to taste
- **1 small bunch** coriander, finely chopped
- Salt and pepper, to taste
- Cooked rice or bread, to serve

Method

1. Heat the oil in a large frying pan. Brown the drumsticks all over, then set aside.
2. Fry the onions in the same pan. After 3 minutes, add the peppers and cook until the vegetables soften.
3. Return the chicken to the pan and sprinkle over the curry powder. Add the pineapple and its juice, then the coconut milk. Season with salt and pepper.
4. Simmer uncovered for about 40 minutes, until the chicken is cooked through and tender and the sauce has thickened slightly.
5. Stir in the kidney beans and hot pepper sauce. Simmer for another 2–3 minutes until the beans are hot. Scatter over the coriander and serve with coconut rice or bread.

Tip: Nutrition per serving: 458 kcal · 23 g fat (16 g saturated) · 36 g carbohydrates (6 g sugars) · 11 g fibre · 21 g protein · 1.5 g salt. Count rice or bread separately.