

AYUBOWAN SRI LANKAN CURRY



From Boom Kitchen

Ingredients – everything available at Johns!

- Boom Kitchen Ayubowan Sri Lankan Curry Kit
- Glug of vegetable oil
- 2/3 large chicken breasts (or fresh beetroots for a veggie option!)
- 2 garlic cloves
- 3 large vine tomatoes
- 1 medium onion
- A pinch of salt
- Something to serve – rice, flatbreads, etc.

Method (Serves 2/3)

- **To prepare:** Cut the chicken breasts into 1cm strips (or if using beetroot – wash, peel, and cut into thick matchsticks)
- Then, peel & crush 2 garlic cloves
- Also, chop the tomatoes into smallish pieces
- Finally, slice the onion into thin strips
- **To cook:** add 3 tbsp of vegetable oil to a frying pan or wok and turn up to a medium heat
- Add the *Boom Whole Spices* and fry for 30 seconds
- Add the sliced onion and fry for a few mins until soft
- Add the garlic and fry for a minute
- Add the *Boom Spice Mix* and fry for 30 seconds
- Add the chicken (or beetroot!) then fry for a minute before adding the tomatoes
- Cover the frying pan or wok with a lid, turn down the heat and simmer for 8 to 10 minutes until the chicken (or beetroot) is cooked through.

Johns

RECIPE
CARD

- Remove the lid, add *Boom Coconut*, ½ tsp of salt and give it a good stir
- Turn off heat and serve with rice/flatbreads
- Boom.

TOP TIP — The finished curry should be fairly dry so don't worry if it is!

*Recipe from Boom Kitchen

*Photos from The Gluten Free Blogger & @lrm.sw