



BENDIGO  
**Foodshare**



**Chicken Curry with  
Pumpkin and potato**



**Bendigo Community  
Health Services**

# Ingredients - Serves 4

## Chicken Curry

- 500 grams Chicken thighs cut to chunky cubes
- 1 tablespoon mandras curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground turmeric
- 4 tablespoons oil
- 1/2 teaspoon chilli powder
- 1/2 teaspoon paprika
- 1 cup onions
- 150 grams pumpkin
- 100 grams potatoes
- 1 tablespoon garlic
- 1 tablespoon ginger
- 1 sticks Lemongrass
- 1 cup fresh coriander
- 200 grams canned tomatoes
- 1 1/2 chicken stock/stock powder
- 1 teaspoon fish sauce
- 2 cups rice

Chicken Curry with  
Pumpkin and potato

# Method

- 1. Sprinkle curry powder, salt and turmeric over the chicken and set aside.**
- 2. In a food processor mix garlic, paprika, chilli powder and ginger.**
- 3. Add onions, blend to a thick paste.**
- 4. Heat oil in a deep pan and fry the onion paste over a medium heat for about 10 minutes.**
- 5. Add the chicken and turn up the heat stirring for another few minutes.**
- 6. Add chopped potatoes and pumpkin.**
- 7. Add the tomatoes and stir for a further 5 minutes.**
- 8. Add water (enough to cover the chicken, potatoes and pumpkin), lemongrass and fish sauce. Stir well and simmer.**
- 9. Turn down the heat to low, partially cover the pan and gently simmer for at least 30 minutes.**
- 10. Remove the lid and simmer for a further 10-15 minutes to reduce the sauce.**
- 11. Remove the lemongrass - check and adjust seasoning if required.**

**Serve!**

**Chicken Curry with  
Pumpkin and potato**