



Healthy recipes on a budget

Beef or Chicken Curry (For 4)

womensnewbornhealth.com.au

INGREDIENTS

1 onion
1T vegetable oil, non-stick pan
3 tbs fruit chutney
1 cup beef or chicken stock
2 tsp curry powder
1 tsp Worcestershire sauce
400g beef or chicken breast, diced
3 zucchini, chopped coarsely
3 carrots, chopped coarsely
150g green beans (or any other vegetables you have handy)
olive oil spray
½ cup cooked rice per person to serve
green salad

METHOD

Fry onion till tender. Add chutney, curry powder, Worcestershire sauce and stock. Add beef or chicken.

Add all the diced vegetables and put in oven at 150° for 2h.