Seven years learning what works for public health in the community

Primary Care and Public Health Seminar
Imperial College, London

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What we do....

https://www.youtube.com/watch?v=_16cGMnWI9U
From Public Health England Strategic plan for the next four years, 2016
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Curry in a Hurry

Serves 2  Preparation time: 10mins  Cooking time: 40mins

Ingredients you need
1 chicken breast
1 onion
1 red chilli
1 garlic
1 inch of ginger
small handful coriander
½ tsp cumin powder
½ tsp turmeric powder
½ tsp garam masala
½ tsp coriander powder
150g tinned chopped tomatoes
1 tsp olive oil
200ml water

Let’s cook

• Gather all your ingredients and equipment.
• Finely dice the onions and chop the coriander stalks leaving the leaf until the end.
• Make a fine paste with the ginger, garlic and chilli, in a pestle and mortar or food processor.
• Dice the chicken into bite-size pieces.
• Heat the oil in a pan and fry the onion on a low heat. Do this for 15 minutes.
• Add in the coriander powder, cumin powder, garam masala, coriander stalks and the paste.
• Mix frequently and add water if the paste sticks to the pan.
• Add in the tomatoes and cook for 5 minutes.
• Now add the chicken and water and simmer on a low heat until the chicken is thoroughly cooked., about 20 minutes.
• Garnish with the coriander leaves and serve with yoghurt.
Thank you!

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