




## Malawian chicken curry



At Christmas in Malawi, people enjoy sharing a meal of chicken curry and rice. There are many variations and every family uses what vegetables and meat they have. People look forward to the rice they eat with their curry too. Malawians love rice, but many people cannot afford to eat it every day.

We hope you enjoy making this traditional Malawian recipe. You can find out more about our friends in Malawi at [caid.ie/ChristmasAppeal](https://caid.ie/ChristmasAppeal)





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## Ingredients

Serves 4–6

- |                             |                          |
|-----------------------------|--------------------------|
| 2 Tbsp oil                  | 10 chicken drumsticks    |
| 1 large onion, chopped      | 2 tsp salt (optional)    |
| 1 Tbsp garlic, crushed      | 2 tsp black pepper       |
| 1 Tbsp fresh ginger, grated | 2 Tbsp paprika           |
| 2 tsp turmeric              | 2 Tbsp mild curry powder |
| 2 large tomatoes, chopped   | 150 ml water             |
| 1 chilli, finely chopped    |                          |

For a vegetarian option, replace the chicken with five potatoes cut into cubes, a carrot and a green pepper.



## Instructions

1. Heat the oil in a deep frying pan or shallow casserole dish. You need a pan/dish that is big enough to have your chicken in single layer.
2. Add the onions and cook until starting to brown.
3. Add the garlic, ginger, turmeric, tomatoes and chilli. Stir and cook for 1 minute.
4. Add the chicken pieces. Stir so the chicken is evenly covered in the onion mixture. Cover and simmer for 45 minutes, stirring occasionally.
5. Add the salt, pepper, paprika and curry powder. Stir to combine.
6. Add the water. Simmer for 15 minutes.
7. Serve with rice.

Recipe courtesy of Tiyamike Cynthia.