RECIPE	CHICKEN CURRY
INGREDIENTS	- one or two chicken breasts - some chicken stock - two carrots and one onion - one apple - some curry powder - half a tin of coconut milk - salt and pepper - olive oil - some rice
KITCHEN TOOLS	- Sharp knife, chopping board, frying pan, blender, saucepan
PREPARATION TIME	About 40 minutes
STEPS	**Step 1:** - Peel the carrots, the onion and the apple. - Cut them in small pieces. - Fry the carrots, the onion and the apple in a frying pan with some olive oil. - Season with salt and pepper. **Step 2:** - Cut the chicken breast in chunks and fry them in a frying pan. When they are tender, add the chicken stock and let it boil for 20 minutes. **Step 3:** - When the carrots, onion and apple are soft, put them in a blender and mix them all together until smooth and creamy. **Step 4:** - Add some coconut milk and the creamy mixture of the carrots, onion and apple to the chicken breast. - Season with curry spices, salt and pepper. - Stir gently and let it simmer for 10 minutes **Step 5:** - Boil some rice to serve with the chicken curry.