

Chicken Curry with Sweet Potatoes and Mushrooms

1 medium onion, peeled and chopped
3 tablespoons oil
2 cloves garlic, crushed
1 teaspoon ginger, crushed or finely grated
2 cans coconut cream
2 tablespoons chicken stock or powdered bullion
1 teaspoon salt
2-3 tablespoons curry powder
2 cups sliced fresh mushrooms
2 medium sweet potatoes, peeled and cut into chunks
2 large potatoes peeled and cut into chunks
4 medium chicken breasts, cut into thick slices or chunks

Directions:

Sauté the onions in the oil till light brown not longer and stir in crushed garlic and ginger just warming in the oil. Add salt and chunked sweet potatoes and potatoes and pour over the coconut cream and chicken stock. Cook covered on medium flame till it is burbling nicely at a low simmer and add curry powder. Cook 20 minutes or till potatoes are mostly soft. Add mushrooms and chunked chicken and cover again and cook about 15 minutes or till chicken is cooked throughout and not pink inside. Serve with simple white rice and be generous with the sauce.