



TO SUPPORT SURVIVORS OF TORTURE

GOOD FOOD

GOOD COMPANY

GREAT CAUSE

SRI LANKAN DEVILLED CHICKEN

You will need:

- 800g chicken breast
- 200ml coconut oil • 1 lemon
- 2 large onions • 7 green chillies
- 2 banana peppers (or green peppers)
- 2 medium-sized tomatoes
- 1 sprig curry leaves
- 1 tbsp curry powder
- 1 teaspoon turmeric powder
- 1 tbsp garam masala powder
- 3 tbsp chilli sauce • 2 tbsp soya sauce
- 3 tbsp tomato ketchup

Method:

1. Cut the chicken into small pieces. Mix garam masala, salt, curry powder and turmeric and marinate the chicken for 30+ minutes.
2. Slice the onions, green chillies and tomatoes. Slice the banana pepper or green pepper lengthwise.
3. Heat 150 ml of the oil in the pan, and when it is hot add the chicken and cook, stirring frequently, for 10 – 15 minutes. Remove from the pan.
4. Heat the remaining 50 ml of oil in another pan. When it is hot add the onion, green chillies and banana pepper or green pepper. Cook for 2 – 3 minutes, stirring well.
5. Add the fried chicken and mix well. Cook for 4 – 5 minutes and then add the soya sauce, tomato sauce and chilli sauce at 1-minute intervals and mix well.
6. Finally, add the lemon juice and cook for two minutes before removing from the heat.

