



Men's Health Week

Gabriel's Family Chicken and Vegetable Curry **BY GABRIEL GATÉ & ROB MOODIE**

CELEBRITY CHEF, GABRIEL GATÉ, AND RESPECTED HEALTH EXPERT,
PROFESSOR ROB MOODIE, ARE CO-AUTHORS OF THE BOOK 'RECIPES FOR A GREAT LIFE'



Gabriel's family recipe is a delicious way to get your daily intake of vegetables. It's full of flavour, quick and easy to make, and can be made in just one pot!

Gabriel: Cooking, eating and learning about food together can be a wonderful way to bring you and your loved ones closer. I enjoy sharing my love of cooking with my children and grandchildren so they can learn about the social and health benefits for their future.

Rob: Gabriel and I wrote 'Recipes for a Great Life' because we believe a great life is about finding a healthy combination between food, work, relationships, staying active and finding our own purpose.

Social connections not only improve our emotional health, but also our physical health. However, it's important for us to have time to ourselves and reflect; the key is to find balance in your relationships and social networks.

Ingredients

SERVES 4

½ small brown onion
2 cloves of garlic
2cm piece of ginger
2 tbsp vegetable or olive oil
1 tsp cumin seeds
½ tsp cracked pepper
1½ tbsp mild curry powder
1 cup diced celery
500g boneless chicken thighs, cut into bite-size pieces
1 cup Italian-style tomato sauce
200g button mushrooms
1 cup of shelled peas
Salt
Juice of ½ lemon
¼ cup coriander leaves

Method

Blend onion, garlic and ginger to a fine purée or chop finely.

Heat oil in a wok or non-stick, wide pan. Stir in puréed ginger, onion and garlic. Add cumin seeds and cracked pepper and fry gently on low heat for about 5 minutes, stirring with a wooden spoon. Avoid browning.

Add curry powder and celery and stir for about 30 seconds, then add your chicken pieces and stir well. Add tomato sauce, mushrooms and peas. Season with salt and stir well. Bring to a simmer, cover with a lid and cook for about 15 minutes or until the chicken is cooked. Just before serving, stir in lemon juice and top with coriander leaves at the very last moment.

Note: Keep the cooking oil to a minimum by using a non-stick pan, and make sure the chicken is skinless and trimmed of visible fat.