

SPICY CHICKEN CURRY

SPICE IT UP - Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as “red gold” is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

PREP TIME: 15 min **COOK TIME:** 40 min **SERVINGS:** 5 – 6

INGREDIENTS:

- **3 lbs boneless, skinless chicken breasts**
- **2 small onions finely sliced**
- **¾ cup Canola oil**
- **1 ½ tbsps. minced ginger**
- **1 ½ tbsps. minced garlic**
- **3 tbsps. curry powder**
- **1 tsp ground cumin**
- **1 tsp ground turmeric**
- **1 ½ tsps. powdered red chilli peppers**

- **2 bayleafs**
- **1.5 tsps salt**
- **1 cup plain yoghurt**
- **½ can (398 ml) crushed tomatoes**
- **1 ½ cups water**
- **1 tsp sugar**
- **¾ cup coconut milk**
- **1 ½ tsp Garam Masala**
- **3 – 4 tsps chopped cilantro**

DIRECTION:

Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and saute until onions are lightly brown. Add ginger and garlic and saute for a minute then add chicken and continue sauteing until the chicken is no longer pink on the outside about 3 – 4 minutes.

Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for 2 – 3 minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.

Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 - 20 minutes or until chicken is tender.

You can now add the crushed tomatoes, sugar and coconut milk and simmer for 2 – 3 minutes.

Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.

Serve SPICY CHICKEN CURRY with a tossed salad, steamed rice or naan bread.

Bon appetit..

