

Curry Chicken

Ingredients:

- ✓ 2 lbs chicken, cubed
- ✓ 2 tsp salt
- ✓ ½ cup oil
- ✓ 1 ½ cups chopped onion
- ✓ 1 tbsp minced garlic
- ✓ 1 ½ tsp ginger
- ✓ 1 tbsp curry powder
- ✓ 1 tsp red pepper flakes
- ✓ 1 tsp turmeric
- ✓ 1 tsp coriander
- ✓ 1 tsp cayenne
- ✓ ½ cup + 1 tbsp water
- ✓ 15 oz crushed tomatoes
- ✓ 1 cup plain Greek yogurt
- ✓ 1 tbsp garam masala
- ✓ 1 tbsp lemon juice (optional)



Total Time: 50 minutes Servings: 4

Directions:

1. Sprinkle chicken with salt. Heat oil in a large pan on high and partially cook the chicken (all sides should be brown). Set aside.
2. In a small amount of oil on medium high add onion, garlic, and ginger. Cook for 8 minutes.
3. Add curry powder, red pepper flakes, turmeric, coriander, cayenne, and 1 tbsp water. Stir and cook for one minute.
4. Add tomatoes, yogurt, salt, and chicken. Stir and add ½ cup water. Sprinkle in garam masala. Cover and simmer for 20 minutes.
5. Serve with rice and top with a sprinkle of lemon juice (optional).