

Curried Cauliflower And Chicken

By Mark Bittman

Total Time 40 minutes

Rating ★★☆☆☆ (161)

INGREDIENTS

Yield: 4 servings

2 tablespoons neutral oil, like
canola or grape seed

½ cup minced onion

1 head cauliflower, about 2
pounds

1 tablespoon cumin seed

2 teaspoons curry powder, or
to taste

5 or 6 canned plum
tomatoes, with juice

Salt and freshly ground black
pepper

1 pound boneless chicken,
cut into ½-inch cubes

Juice of 1 lemon

Minced cilantro or parsley for
garnish, optional

PREPARATION

Step 1

Put the oil in a 12-inch skillet, and turn the heat to high; add the onion, and cook, stirring occasionally, until it begins to brown. While it's cooking, trim the cauliflower and cut the florets into ½-inch-thick pieces.

Step 2

When the onion has browned a little, add the cumin seed and curry powder and cook about 30 seconds. Add the cauliflower, and stir, still over high heat, for another minute. Cut up the tomatoes, and add them to the pan along with their juice, ¼ cup water and a generous sprinkling of salt and pepper. Cover, and turn the heat to medium-low.

Step 3

Cook 10 minutes, stirring once or twice. Add the chicken, stir, cover the pan again and cook 6 to 8 minutes longer, or until the chicken is cooked through. (If the sauce appears to be drying up at any time, add a little more water.) Stir in the lemon juice, taste and adjust seasoning. Garnish if you like, and serve.

Private Notes

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