

Curry Chicken with Lamb Fergi

Ingredients:

- 2 tablespoons neutral oil (like canola or grape seed)
- ½ cup minced onion
- 1 head cauliflower, about 2 pounds, cut into ½-inch-thick florets
- 1 small red bell pepper, sliced
- 1 carrot, thinly sliced
- 1 tablespoon cumin seeds
- 2 teaspoons curry powder
- ½ teaspoon garlic powder (optional, pairs well with cumin and curry powder)
- ½ teaspoon turmeric (optional, enhances the curry flavor)
- ½ teaspoon Ras el Hanout (optional, adds warmth, pairs well with turmeric)
- 5 or 6 canned plum tomatoes, with juice, roughly chopped
- ¼ cup water (or more if needed)
- Salt and freshly ground black pepper, to taste
- 1 whole chicken breast (for stewing)
- ½ pound lamb stew cubes (to be added at the last minute)
- ½ cup heavy cream (for a creamier curry)
- Juice of 1 lemon
- Minced cilantro for garnish (optional)
- Cooked rice, for serving

Instructions:

1. Prepare the Ingredients:

- Begin by preparing all your vegetables. Cut the cauliflower into florets, slice the carrot and bell pepper, and mince the onion.
- Season the whole chicken breast with salt and pepper.

2. Sauté the Vegetables:

- Heat the oil in a large 12-inch skillet over medium-high heat.
- Add the minced onion, carrot, and bell pepper to the skillet. Sauté them for about 4-5 minutes, until they begin to soften and the onion is lightly browned.

3. Add the Spices:

- Once the vegetables have softened, add the cumin seeds, curry powder, garlic powder (if using), turmeric (if using), and Ras el Hanout (if using).
- Stir the spices into the vegetables and let them cook for about 1 minute until they are fragrant.

4. Add the Cauliflower:

- Add the cauliflower florets to the skillet. Stir everything together so the cauliflower is well-coated with the spices.
- Sauté the cauliflower with the vegetables and spices for about 2 minutes.

5. Incorporate Tomatoes, Cream, and Cooking Liquid:

- Add the chopped tomatoes (with their juice) and ¼ cup of water to the skillet.
- Season with salt and freshly ground black pepper to taste.
- Pour in the heavy cream and stir it in thoroughly.
- Place the whole chicken breast into the skillet, nestling it into the sauce and vegetables. Spoon some sauce over the chicken breast.
- Cover the skillet and reduce the heat to medium-low. Let it simmer for about 15-20 minutes, or until the chicken breast is cooked through and the cauliflower is tender.

6. Cook the Chicken:

- Once the chicken breast is cooked, carefully remove it from the skillet and set it aside to rest. Keep it warm until serving.

7. Add the Lamb:

- Just before serving, turn the heat to medium and add the lamb stew cubes to the skillet. Stir them into the hot curry sauce and allow them to cook for 3-5 minutes, or until just cooked through. The lamb will retain a tender texture since it's added at the last moment.

8. Final Seasoning and Serving:

- Once the lamb is done, stir in the lemon juice and adjust the seasoning if needed.
- Slice the chicken breast and serve it alongside the curry. Serve the curry with the lamb, chicken, and vegetables over a bed of cooked rice.
- Garnish with minced cilantro if desired.

This method will ensure that the chicken is tender from stewing in the curry, while the lamb remains tender and flavorful by being added at the last minute. Enjoy your meal!