**Tomato Basil Chicken Curry**

Prep time: 10 min Cook time: 30 min

**Ingredients:**

* 200 gms chicken breast cubes
* 2 carrots, roughly chopped
* 1 onion, roughly chopped
* 4 cloves garlic, minced
* ½ cup tomato puree
* 6 basil leaves
* 1 tbsp dried thyme
* 1 tsp jeera powder
* ½ tsp red chili powder
* 1 tsp Sugar
* Low sodium salt to taste
* 2 tbsp extra virgin olive oil

**Instructions:**

1. Heat oil in a saucepan over medium heat.
2. Add garlic and onions, and sauté for 5 minutes until the onions turn translucent.
3. Add carrots and salt, tossing well. Cook until the carrots are half-cooked.
4. Add the chicken pieces and sauté for 2 minutes.
5. Stir in tomato purée, thyme, cumin (jeera), and red chili powder, mixing well.
6. Add sugar and 1 cup of water, stirring to combine.
7. Bring the mixture to a boil, then reduce the heat. Cover and let it simmer for 15 minutes until the chicken and carrots are fully cooked.
8. Remove from heat and serve hot with rice and sautéed vegetables.