**Madras Chicken Curry**

Prep time: 15 min Cook time: 30 min

**Ingredients:**

**For the Curry:**

* 500g skinless, boneless chicken breast (cut into bite-sized pieces)
* 1 medium onion (finely chopped)
* 2 tomatoes (pureed)
* 1 tablespoon ginger-garlic paste
* 2 green chilies (slit)
* 1/2 cup coconut milk (light version)
* 1/2 teaspoon turmeric powder
* 1 teaspoon red chili powder (adjust to spice preference)
* 1 teaspoon coriander powder
* 1 teaspoon garam masala
* 1 teaspoon fennel seeds
* 1 teaspoon mustard seeds
* 1 sprig curry leaves
* 1 tablespoon coconut oil (or olive oil)
* Low sodium salt, to taste
* 1/2 cup water

**For Garnish:**

* Fresh coriander leaves (chopped)
* 1 teaspoon lemon juice

**Instructions:**

**Heat Oil & Temper Spices:**

1. Heat coconut oil in a pan over medium heat.
2. Add mustard seeds and fennel seeds; let them splutter.
3. Add curry leaves and sauté for a few seconds.

**Sauté Aromatics:**

1. Add chopped onions and sauté until golden brown.
2. Stir in ginger-garlic paste and green chilies; cook until raw smell disappears.

**Cook Tomatoes & Spices:**

1. Add pureed tomatoes, turmeric, red chili powder, coriander powder, and salt.
2. Cook until oil separates from the masala (about 5 minutes).

**Add Chicken & Simmer:**

1. Add chicken pieces and mix well with the masala.
2. Pour in 1/2 cup water and let it simmer for 15-20 minutes, stirring occasionally.

**Finish with Coconut Milk & Garam Masala:**

1. Lower the heat and stir in coconut milk and garam masala.
2. Simmer for 5 more minutes until the curry thickens slightly.

**Garnish & Serve:**

1. Sprinkle with fresh coriander and a squeeze of lemon juice.
2. Serve hot with brown rice, quinoa, or whole wheat chapati.