

Indian Chicken Curry

Ingredients:

3 tbl. olive oil
1 small onion, chopped
3 cloves garlic, minced
3 tbl. Madras curry powder
1 tsp. ground cinnamon
1 tsp. ground paprika
1 bay leaf
½ tsp. grated fresh ginger
½ tsp. white sugar
salt to taste
2 skinless, boneless chicken breast halves, cut into bite-sized pieces
1 tbl. tomato paste
1 cup plain yogurt
¾ cup coconut milk
½ lemon, juiced
½ tsp. cayenne pepper

Directions:

Heat olive oil in a skillet over medium heat. Sauté onion until lightly browned. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes. Add chicken pieces, tomato paste, yogurt and coconut milk. Bring to a boil, reduce heat, and simmer for 20 – 25 minutes.

Remove bay leaf, and stir in lemon juice and cayenne pepper. Simmer 5 more minutes. Serve with basmati rice.

~ Credit: allrecipes.com