

South Coast Chicken Curry

2-4 servings

- 1 Pound thawed chicken tenderloins or thighs
- 3 tablespoons Seven Happy Seeds **South Coast Spice**
- 1 large red onion thinly sliced
- 1 inch fresh Ginger root finely chopped
- 2 large Garlic cloves finely chopped
- 1 Serrano chili deseeded and finely chopped (optional, but adds great flavor)
- 1 tablespoon yogurt
- 2 Dry Red Chilies
- 2 tablespoons chopped Cilantro plus a few sprigs for garnish
- 1 Curry Leaf Sprig (optional- available in most Indian Groceries)
- 3 tablespoons Coconut Oil, divided
- ¼ cup Coconut Milk
- Salt to taste
- ¼ cup water

Adjust spice level/heat by altering number of green and red chilies..

1. Marinate chicken with one tablespoon of coconut oil, yogurt, garlic, ginger, and green chili for 30 minutes.
2. Heat coconut oil in a medium cooking pan. Add onion and cook for 7-8 minutes or until lightly caramelized.
3. Grind sautéed onions and dry red chilies to a fine paste with ¼ cup water.
4. Heat the remaining coconut oil in a medium cooking pan and sauté the onion-chili paste for 5-6 minutes, or until most moisture is gone.
5. Add **South Coast Spice** and Curry leaves, and sauté for one minute.
6. Add marinated chicken and sauté for 3-4 minutes.
7. Add coconut milk, cilantro, and salt, and simmer for 8-10 minutes on low heat.

Note: a little more water may be added if curry is too thick.

8. Garnish with Cilantro sprigs and serve hot with steamed white rice or flatbread.