

## CREAMY INDIAN CHICKEN CURRY

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Richly spiced, creamy and delicious.... this recipe will be your go to favourite from now on. If you aren't into spicy, feel free to replace the cayenne with smoked paprika. Enjoy!

### **Ingredients:**

- 2 pounds boneless skinless chicken breasts or thighs, halved
- 2 tsp. salt
- 1/2 cup cooking oil
- 1 1/2 cups chopped onion
- 1 tbsp. minced garlic
- 1.5 tsp. minced ginger root
- 1 tbsp. curry powder
- 1 tsp. ground cumin

- 1 tsp. ground turmeric
- 1 tsp. ground coriander
- 1 tsp. cayenne pepper or smoked paprika
- 1 tbsp. water
- 1 (15 ounce) can crushed tomatoes
- 1 cup plain yogurt
- 2 tbs. chopped fresh cilantro
- 1 can of coconut cream
- 1 tsp. garam masala
- 1 tbs. fresh lemon juice

### **Directions**

1. Heat oil in a large skillet over medium-high heat. Salt the chicken well and partially cook until brown. Transfer to a plate and set aside.
2. Add onion, garlic and ginger to the same skillet and cook until the onions turn translucent. Stir in the curry powder, cumin, turmeric, coriander, cayenne or smoked paprika and a tablespoon of water.
3. Add in the tomatoes, yogurt, 1 tablespoon of fresh cilantro and 1 teaspoon of salt and return the chicken into the skillet along with the juices on the plate.
4. Pour can of coconut cream into the mixture and bring to a boil while turning the chicken to coat with the sauce.
5. Sprinkle with garam masala and 1 tablespoon fresh cilantro.
6. Cover the skillet and simmer until the chicken is no longer pink in the middle (15-20 minutes or 75C)
7. Serve plain or over cauliflower rice and add a little extra fresh cilantro and yogurt on top if desired.

**Nutrition Facts Per Serving:** 6 servings in recipe  
450 calories; 28.3g total fat; 95mg cholesterol; 1370mg sodium. 15g  
carbohydrates; 39g protein