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Chicken Curry

Prep Time: 15 mins

Cook Time: 33 mins

Total Time: 48 mins

Ingredients

- 3 pounds chicken, pieces (breast halves, thighs, and drumsticks)
- 2 tablespoon oil, cooking
- 1 medium onion(s), finely chopped
- 4 clove(s) garlic, minced
- 2 teaspoon ginger, fresh, finely chopped
- 1 teaspoon cumin, ground
- 1 medium tomato(es), chopped
- 1 tablespoon coriander, ground
- 1 teaspoon pepper, black ground
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric, ground
- 1/4 teaspoon pepper, cayenne
- 1/2 cup(s) yogurt, fat-free plain
- 1/2 cup(s) water
- 1 tablespoon lemon juice
- cilantro, fresh, snipped (optional)
- 3 cup(s) rice, brown, (or 6 pieces whole wheat flatbread)
- 1/2 teaspoon fennel seed, coarsely ground or crushed



Preparation

- 1) Skin chicken. Cut 2 or 3 slits about 1 inch long in each piece.
- 2) In a large skillet, heat oil over medium-high heat. Add the chicken pieces; cook for 5 to 8 minutes or until chicken is light brown, turning occasionally. Remove chicken from skillet. Set aside.
- 3) Add onion, garlic, ginger, and cumin to skillet. Reduce heat to medium. Cook for 6 to 8 minutes, stirring frequently.
- 4) Add tomato, coriander, black pepper, salt, turmeric, and cayenne pepper, if desired. Cook for 2 minutes, stirring occasionally.
- 5) In a small bowl, beat yogurt lightly with a whisk or fork. Gradually add yogurt to tomato mixture, stirring constantly.
- 6) Add chicken and the water. Bring to boil; reduce heat. Cover and simmer for 20 to 25 minutes or until chicken is tender and no longer pink (170°F for breast halves; 180°F for thighs and drumsticks).
- 7) Sprinkle with lemon juice and cilantro, if desired. Serve with rice, lemon wedges, and cilantro chutney, if desired.

Makes 6 servings