



RECIPES

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Curry Chicken

Posted: January 16, 2018

Serves 4-6 People | 40 minutes - prep time | 35 minutes- cooking time | 1 hour 15 minutes- total time

Ingredients:

- 2 pounds chicken breast, cubed into 2-inch pieces
- 1 cup fat-free plain Greek yogurt
- 4 teaspoons curry powder
- 2 tablespoons vegetable oil
- 1 medium onion
- 3 garlic cloves, minced
- 1 tablespoon ginger, minced
- 1/2 teaspoon paprika
- 1/2 teaspoon cinnamon
- 1 teaspoon chili flakes
- 1 15 ounces can tomato sauce
- 1/2 cup water, only if you want your sauce to be thinner.
- 1 cup frozen peas
- 1/2 cup half and half

Directions:

In a small bowl, add in the cut chicken breast, yogurt, and two teaspoons of curry powder. Combine everything together and place the bowl in the fridge for 30 minutes- 2 hours.

Once the chicken has been able to marinate, remove it from the fridge. Place a large skillet on the stove and heat over medium heat and drizzle in the vegetable oil.

Add the diced onions and minced garlic. Season with paprika, cinnamon, chili flakes, and the other two teaspoons of curry powder. Saute for a couple of minutes or until the onions begin to become translucent,

Into the skillet, add the marinated chicken. Saute together with the onions, garlic, and spices for five minutes.

Now, add the tomato sauce and stir together. Reduce the heat to low and cover the skillet with a lid. Simmer for 20-25 minutes. If your sauce begins to become too thick for your preference, then add in 1/2 cup of water.

During the two minutes of simmering, stir in the frozen peas and half and half. Once finished simmering, take off from the heat and serve with naan bread and Spiced Yellow Rice.

Recipe courtesy of Chef Will Coleman
www.chefwillcoleman.com
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