

Chicken Curry

Ingredients

- 2 Tbsp olive oil
- 2 lbs skinless, boneless chicken breasts or thighs, cubed
- 1 onion, chopped
- 1 Tbsp minced garlic
- 1 Tbsp minced ginger root
- 1 Tbsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 2 Tbsp ground cilantro or parsley, divided
- 1 15oz can crushed tomatoes
- 1 cup plain yogurt
- 1 tsp salt
- 1 tsp garam masala
- lemon juice to taste

Directions

Heat oil in a medium or large saucepan over high heat. Add the chicken and cook until it's beige on all sides. Using a slotted spoon, remove chicken to a bowl and set aside. Turn heat down to medium high.

Add the onion, garlic, ginger, curry powder, cumin, coriander, turmeric and 1 tablespoon of water to the bowl. Cook for one minute, stirring. Add the chicken and accumulated chicken juices to the pot and stir well. Stir in 1 Tbsp parsley.

Add the crushed tomatoes and plain yogurt and stir. Add the salt, garam masala and remaining tablespoon of parsley. Stir, bring to a boil, then cover and reduce the temperature to low. Simmer for 20 minutes or until the chicken is cooked through. Add the lemon juice before serving and adjust seasoning.