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by ewfood

Curry In A Hurry



Ingredients

1 chicken breast, diced
0.5 oz. flour
¼ tsp. cayenne pepper or dried chili flakes
Pinch of salt
0.5 fl oz. canola oil or vegetable oil
1 tsp. curry powder
½ medium onion, sliced
1 garlic clove, minced
¼ cup chicken stock
2 tsp. tomato paste
1 oz. coriander, chopped
0.5oz. yoghurt or sour cream

Preparation

1. 1. Mix together the flour, salt and cayenne pepper.
2. 2. Coat the diced chicken in the mixture.
3. 3. Heat the oil in a frying pan.
4. 4. Add the chicken and brown.
5. 5. Add the curry powder and thoroughly mix it with the chicken.
6. 6. Remove this mixture from the pan and set to one side.
7. 7. Into the same pan add the onions and garlic.
8. 8. Sauté for 2 minutes and then add the tomato paste and stock.
9. 9. Add the chicken to this and simmer for 10 minutes.
10. 10. Serve over rice or with bread.
11. 11. Garnish with a tablespoon of yoghurt in the middle of the curry and sprinkle with the fresh cilantro.

Cooks Note