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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

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