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Chicken Curry



Ingredients

1 Whole chicken, skin removed and cut into pieces
2 onions, chopped
10oz. fat free yoghurt
½ tsp. Ginger
½ tsp. paprika
Juice and zest of ½ a lemon
2 tsp. curry powder
Salt and pepper

Preparation

1 Combine all the ingredients except the chicken. Arrange the chicken pieces in a non-stick pan and cover with the sauce. Simmer covered on a low heat for an hour and a half. Once the chicken is cooked remove the lid and allow the sauce to reduce. Serve hot.

Cooks Note

Find more Dukan recipes at http://mydukandiet.com/ [6]