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*by ewfood*

## 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]

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