



# LOVES FOOD

## QUICK CHICKEN CURRY

### INGREDIENTS:

- |  |                            |
|--|----------------------------|
| 2 tablespoons cooking oil  | 500ml natural yoghurt      |
| 1 large chopped onion  | 2 teaspoons crushed garlic |
| 2 large ripe grated tomatoes   | 1 teaspoon crushed ginger  |
| 1 sachet of tomato paste (2 tablespoons)                             | 1 teaspoon salt            |
| 2 teaspoons turmeric powder  | Half teaspoon black pepper |
| 1 teaspoon cumin powder  | Half teaspoon paprika      |
| 1 teaspoon coriander powder  |                            |
| 1 whole chicken cut into 15 (or pre-cut chicken pack of your choice) |                            |
| 2 teaspoons chopped danya (coriander leaves)                         |                            |
| Alternative to Danya - 5 curry leaves                                |                            |

### METHOD:

1. Soften chopped onion in a pan with the cooking oil until the onion is golden brown
2. Add grated tomatoes, tomato paste, garlic, ginger, salt and the rest of your dry spices.
3. Stir and simmer until the tomato is fully cooked
4. Add your cut, washed and drained chicken pieces
5. Allow the chicken to cook in the curry sauce until the water is finished and the cooking oil rises to the top.
6. Add yoghurt, stir and let simmer for 5-10 minutes
7. Add Danya or curry leaves to garnish

### SERVING SUGGESTION

This curry serves perfectly with plain basmati rice and or some chapati/roti

Add a green salad or roasted vegetables and this promises to be a hearty and comforting balanced meal.

Enjoy!

With love,  
From Famous Warrior's kitchen