

Chicken Curry

Serves 4-6

Ingredients

- 2 lbs boneless, skinless chicken breasts (approx. 4 chicken breast halves) cut crosswise in 1/2" pieces
- 3 Tbsp. oil
- Salt and pepper to taste
- 1 ½ cups chopped onion
- 2 Tablespoons minced fresh ginger
- 2 cloves garlic, minced
- 1 ½ Tbsp. curry powder (more if some like it hot!)
- ½ tsp. cumin
- 1/4 tsp. cinnamon
- 1 Tbsp. flour
- ½ cup plain yogurt
- 1 ½ Tbsp. tomato paste
- 1 ½ cups chicken broth
- ½ cup applesauce
- 1/2 cup sour cream
- 1/2 cup coconut milk
- Sriracha hot sauce and hot chili peppers to taste

Instructions:

- In a large frying pan, brown chicken in oil. Season with salt and pepper; remove and set aside.
- Add onion and saute until golden.
- Add ginger and garlic and saute about 1 minute
- . Add curry, cumin and cinnamon and mix well. Cook for 1 minute.
- Add flour, yogurt and tomato paste, whisking until sauce is smooth
- Add hot sauce and chili peppers
- Pour in broth and applesauce, stir.
- Add browned chicken , sour cream and coconut milk.
- Simmer uncovered for about 30 minutes.
- Serve over basmati rice and naan bread.