

NATIONAL RECIEPE OF PAKISTAN

Chicken Curry

INGREDIENTS

- 3 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- 1 bay leaf
- 1/2 teaspoon grated fresh ginger root
- 1/2 teaspoon white sugar

- salt to taste
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 tablespoon tomato paste
- 1 cup plain yogurt
- 1/2 lemon, juiced



1. Heat olive oil in a skillet over medium heat. Saute onion until lightly browned. Stir in garlic, curry powder, cinnamon, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes. Add chicken pieces, tomato paste & yogurt. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes.
2. Remove bay leaf, and stir in lemon juice, Simmer 5 more minutes.

Nutrition Facts

Per Serving: 313 calories