

CHICKEN CURRY

Ingredients:

8 Ounces – Boneless Chicken cut into small pieces

1 ½ cup of tomatoes

½ cup of green onions

1 - 2 Cloves Garlic (crushed)

1 ½ Inch Ginger

1 Small green Chili (Optional – finely chopped)

½ tsp Turmeric

½ tsp whole cumin seeds

1 Inch Cinnamon stick

1 large Black Whole Cardamom

½ tsp Garam Masala

¼ tsp Sea Salt

2 T chopped Cilantro

2 tsp Olive oil

Directions:

Put onions, tomatoes, ginger and chili into a blender and make a fine paste.

Heat 2 tsp of olive oil in a pan, add whole cumin seed and let them pop,

add cinnamon and cardamom and crushed garlic and cook for 1 min,

add chicken and cook for 3-4 minutes or until it is brown

add salt, turmeric, and garam masala and stir for one minute.

Add the paste and cook for another 10 minutes. Can add little water if the sauce is too dry. Garnish with chopped cilantro.