

Chicken and Nut Curry Recipe

Ingredients: Serves 4

2 tablespoons vegetable oil
90g dried apricots
500g skinless, boneless chicken thighs, cut into strips
1-cm wide
1¼ (300ml) chicken stock
45g roasted cashew nuts for garnish
7g fresh cilantro (fresh coriander) leaves for garnish

For Spice Paste:

1 onion, coarsely chopped
½ cup (80ml) tomato paste
½ cup (60g) roasted cashew nuts
2 teaspoons garam masala
3 cloves garlic, chopped
1 tablespoon fresh lemon juice
1 teaspoon grated lemon zest
¼ teaspoon ground turmeric
1 teaspoon sea salt
1 tablespoon plain (natural) yogurt

Method:

To make spice paste: In a food processor, combine all ingredients and process until smooth, about 30 seconds. Transfer to a small bowl. In a wok or large skillet, heat oil over medium heat and fry spice paste until fragrant, about 2 minutes. Add apricots and chicken. Cook for 1 minute. Stir in stock, cover and simmer over low heat until chicken is tender, 10-12 minutes. Spoon into serving bowls. Garnish with cashews and cilantro leaves. Serve with steamed basmati rice.

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