

## Chicken and Tomato Curry Recipe

**Ingredients:** Oven: Preheat to 190°C

2 medium brown onions  
5-cm piece ginger, chopped  
6 cloves garlic  
4 tablespoons vegetable oil  
1 tablespoon ground coriander  
1 tablespoon ground cumin  
1½ teaspoons ground turmeric  
½ teaspoon cayenne pepper  
4 tablespoons natural yogurt  
1.2 kg chicken thighs, bones left in and skin removed  
375 ml chicken stock  
6 cherry tomatoes, halved  
1 teaspoon salt  
1 teaspoon garam masala  
2 tablespoons fresh coriander (cilantro) leaves, chopped

### **Method:**

Finely slice one onion and set aside. Roughly chop the other onion and put it in a food processor with the ginger and garlic. Process until a paste forms. Heat 2 tablespoons oil in a large frying pan over a medium heat. Stir-fry the finely sliced onion until golden. Remove from pan and set aside. Meanwhile, heat remaining oil in the frying pan over a medium heat. Cook onion paste for 5 minutes. Add ground coriander, cumin, turmeric, and the cayenne pepper. Cook for 1 minute. Add yogurt. Cook until mixture has reduced a little. Pour sauce into a casserole dish. Add chicken and toss, to coat. Add stock, tomato and salt. Cover, bake for 1 hour. Stir in garam masala and onion. Cook, uncovered, for a further 10 minutes. Top with coriander and serve with steamed jasmine rice.

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