



Chicken Curry

This recipe can be cooked much quicker in a pressure cooker or can be cooked in an oven.

<u>U.S.</u>		<u>Metric</u>
6 each	Small Chicken Thighs, bone-in, skinless	6 each
1 1/4 tsp	Kosher Salt	3.75 g
1/2 tsp	Turmeric Powder	1.5 g
2 Tbsp	Canola or Olive Oil	30 mL
1 large	Yellow Onion, Medium, sliced into strips (julienne)	1 large
3 medium	Carrots, sliced into 1/2" half moons	300 g
2 stalks	Celery, sliced into 1/2" half moons	2 stalks
3 cloves	Garlic, minced	3 cloves
1 Tbsp	Fresh Ginger, peeled and minced	14.12 g
1 each	Jalapeño, seeds removed, chopped small	14 g
1 Tbsp	Ground Cumin	9 g
2 tsp	Ground Coriander	6 g
1 Tbsp	Garam Masala	9 g
1 tsp	Cardamom, ground	3 g
2 large	Tomato, diced	222 g
1 1/2 cups	No Sodium Chicken Stock or Water	355 mL
3 medium	Red Potatoes, 1/2" diced	3 medium
1/2 cup	Cilantro, leaves only, roughly chopped	30 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 375°F(190°C).
3. Season the chicken with 1/4 of the salt and turmeric powder.
4. Heat the oil in a large pot over medium high heat.
5. Once the oil is hot, add the chicken, skin side down, in a single layer on the bottom of the pan. Do not overcrowd.
6. Once the chicken is browned and does not stick to the pot, flip it over and repeat the sear on the other side. Remove the chicken with tongs when browned and reduce heat to medium.
7. Add the onions, carrots and celery and cook until softened, about 2-3 minutes.
8. Add the garlic, ginger, jalapeno, cumin, coriander, Garam Masala and cardamom to the pot. Cook for 30 seconds to a minute, stirring often.
9. Add the remaining teaspoon of salt, tomatoes, potatoes
10. Bring the liquid to a simmer and cover. Transfer the pot to the oven and cook for ~30-40 minutes, or until chicken thighs reach an internal temperature of 165 °F(74°C).
11. Remove the curry from the oven and allow to cool for a few minutes. Garnish with remaining cilantro and serve over rice if desired.

****Nutrition Facts on Reverse** (Delete if facts fit on 1 page)

Nutrition Facts	
Serving size	1 thigh
Servings	6
Calories	220
Calories from Fat	50
Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	50 mg
Sodium	503 mg
Carbohydrates	25 g
Dietary Fiber	4 g
Sugars	6 g
Protein	17 g
Vitamin A	116 %
Calcium	5 %
Vitamin C	42 %
Iron	11 %
Phosphorus	187 mg
