

CHICKEN CURRY

INGREDIENTS

- 2 T Healthy oil
- 3/4 C Pepper (red) (chopped)
- 1/2 C Onion (chopped)
- 2 cloves Garlic (minced)

- 1 can Pineapple chunks (drain) (save juice)
- 1 Tomatoes (14 1/2 oz can) (diced) (do not drain them)
- 3 T Raisins
- 1 t Curry powder
- 1/8-1/4 t Crushed red pepper (to your taste)
- 1/8 t Salt

- 4 Chicken (breast) (1 lb total) (boneless) (skinless) (cut in 1 inch cubes)
- 1/4 C Whole wheat flour **OR** gluten-free flour
- 1 t Curry powder
- 1/2 t Salt
- 1/4 t Pepper
- 1 T Healthy oil

- 1 T Cornstarch
- Pineapple juice (reserved)
- Parsley (sprigs) optional



DIRECTIONS

- 1 In a large saute pan, add 2 T oil & cook red pepper, onion & garlic till tender but not brown
- 2 Stir in pineapple, undrained tomatoes, raisins, curry powder, crushed red pepper & 1/8 t salt
- 3 Bring the sauce mix to boil & set aside
- 4 Remove fat from chicken, rinse chicken & pat dry
- 5 In a plastic bag combine flour,curry powder,1/2 t salt & 1/4 t pepper
- 6 Add chicken pieces, 1 at a time & shake to coat well
- 7 In a large, heavy saute pan, brown the chicken on both sides in hot oil over medium-high heat
- 8 Cover & simmer until chicken is tender (not pink)
- 9 Stir together cornstarch & reserved pineapple juice & add to chicken & tomato mix
- 10 Cook & stir the sauce 'till thickened & bubbly (2 - 3 minutes)
- 11 Pour sauce over chicken & if desired garnish with parsley sprigs

NOTES

Serves 4



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