

Food Cart Chicken Curry

Adapted from Ruth Reichl



Servings: 4

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NOTE: I served this with a side of zucchini, trimmed, chopped, and cooked quickly over high heat in the seasoning and oil that was left in the skillet after making the curry.

1. Cut the chicken into bite-sized chunks, and slice the onion into thin slices.
2. Make a paste by combining the olive oil with 1-1/2 tablespoons lemon juice, the coriander, garlic, curry powder, oregano, paprika, cumin, salt and pepper.
3. Place onions and chicken into a plastic bag, with the marinade, and squish it all round so the onions and chicken are thoroughly coated. Marinate in the refrigerator for at least 4 hours or overnight.
4. Add onions and chicken to large skillet (nonstick) and saute for about 5 minutes, tossing every minute or so. It will splutter a bit. Taste the chicken to see if it's tender and add additional salt and pepper to taste.
5. Serve over white rice or cauliflower rice. At many food carts they serve this with a white sauce - combine equal parts of mayonnaise and Greek yogurt, then add a dollop of sugar, salt and pepper, and a splash of vinegar. Some prefer to sprinkle on red hot sauce.

1 pound chicken thigh, meat only, boneless, skinless

1 tablespoon curry powder

2 teaspoons dried oregano

1/2 red onion, halved, sliced

3 tablespoons olive oil

2 tablespoons lemon juice

1/4 teaspoon ground coriander

2 cloves garlic, minced

1/4 teaspoon paprika

1/2 teaspoon ground cumin

salt and pepper to taste

1 1/2 tablespoons lemon juice

1 1/2 cups Greek yogurt, full-fat

Cilantro as garnish

Serve with rice or cauliflower rice and zucchini on the side

Per Serving (excluding unknown items): 354 Calories; 22g Fat (57.3% calories from fat); 26g Protein; 11g Carbohydrate; 2g Dietary Fiber; 138mg Cholesterol; 157mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 43mg Calcium; 2mg Iron; 372mg Potassium; 227mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com