

## *Quick Chicken Curry*



- 2 tbsp canola or grapeseed oil
- 1 small red onion, thinly sliced
- 2 tbsp garlic, minced
- 4 tsp ginger, minced
- 1 large tomato, diced (about 1 cup)
- 1 ½ lbs boneless, skinless chicken breast, cut into 1 inch pieces
- 1 tbsp curry powder
- 1 tsp kosher salt
- 1tsp sugar
- ½ cup unsweetened coconut milk
- 2 tbsp fresh cilantro, chopped

Preheat a skillet over medium high heat. Add the oil and sauté the onion, garlic and ginger until lightly golden, about 5 minutes.

Add the chicken and the curry powder and cook until the chicken is browned on all sides, about 5 more minutes.

Add the tomato and any juices, salt, sugar, and coconut milk.

Reduce heat to medium low and simmer until the chicken is cooked through, 5-7 minutes. If the sauce gets too thick, add a tablespoon of water. Remove from heat and stir in the cilantro.

Serve with rice (basmati rice is wonderful with this) and/or an Indian flat bread, such as naan.