

## David's Curried Chicken

- 3-4 boneless, skinned chicken breast halves
- 1-3 tablespoon coconut oil
- 1 large onion, chopped
- 1/2 cup grated carrot (optional)
- 3 cloves garlic, minced (3 tsps)
- 1/2 cup filtered or bottled water
- 1 tablespoon curry powder (or to taste)
- 1/2 cup finely chopped fresh cilantro leaves
- 1 cup plain yogurt
- Salt and Pepper (optional)

NOTE: Serve on steamed black or basmati brown rice alongside steamed broccoli.

Sauté the onion (and carrot if used) with the oil in a large skillet, after onion is started mix in the garlic then add cilantro when the onion is soft.

Wash chicken, pat dry then slice diagonally in about 1/2 to 1 inch thick strips. Add the chicken and cook until no pink is showing.

Thoroughly mix water and curry power. This can be done in a bowl with a whisk or in a blender. Pour this over the chicken and mix all ingredients in the pan together.

Simmer uncovered for about 20 minutes or until the water has mostly boiled off and the liquid has thickened up. Stir occasionally during the simmer phase.

Turn off the heat and let cool until the liquid stops bubbling. Add one cup of plain yogurt. Mix in the yogurt and allow it to heat up. If it looks like the yogurt is going to start bubbling from the residual heat remove the skillet from the burner. Garnish with a little fresh ground black pepper or graham masala.

Hot naan (flat bread that looks similar to pita bread) served with a fig or date based chutney goes well.