

Chicken Curry with Tomatoes

For: 6 people

- 1 cup (8 oz) water
- 1/2 Tbsp BTB chicken bouillon base
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- 6 roma tomatoes
- 6 chicken breast halves or thighs
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp sunflower oil
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- 1 can chickpeas, drained and rinsed
- 1 Tbsp ginger garlic paste
- 1 cup or 8 oz sour cream
- 1 tsp curry powder
- 1 tsp ground cumin
- 1/4 tsp red chili powder (optional)
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- 10 g cilantro, chopped

- 1) Prepare bouillon by bringing water to a boil with chicken bouillon.
- 2) Chop tomatoes. Mince cilantro. Set aside.
- 3) Dry chicken with paper towels. Season with salt and pepper.
- 4) Heat oil in large skillet over medium-high heat until shimmering. Add chicken and cook until breasts are golden brown and seared on both sides (2-3 minutes each side). Remove chicken and reduce heat to low.
- 5) Drain and rinse chickpeas to remove out clear/white husks.
- 6) Add chick peas, tomatoes, ginger garlic paste, sour cream (or yogurt), prepared chicken bouillon, curry powder, and cumin. Mix well to combine.
- 7) Raise heat to medium and add the chicken back in. Cover, and cook 4 minutes to cook and heat through.
- 8) Stir in cilantro and serve!

My notes

Chickpeas are also known as garbanzo beans. At some stores they are found on the Latin foods aisle, other stores have them on the canned vegetable aisle. * Tip to easily remove clear /white shells from chickpeas: Fill a large mixing bowl with tap water and drained chickpeas. Use your hands and roll chickpeas around in your fingers. The husks will float to the top of the water. Use a spider or small mesh strainer to take out of the water and discard. * May also use Greek or plain yogurt in place of sour cream.