



## Ross Dickerson's Curried Chicken Stew

### Ingredients

- 2 tsp olive oil
- 2 5-oz skinless chicken breasts cut into 1" pieces
- 1/2 green bell pepper, chopped
- 2-3 large tomatoes, chopped (skinned too if you prefer)
- 1 small onion, chopped
- 2 garlic cloves, chopped or crushed
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1 pinch ground ginger
- Salt and black pepper to taste
- 1 tbsp plain nonfat yogurt
- 1 tbsp fresh chopped coriander



### Directions

1. Heat oil in nonstick pan over medium heat.
2. Add onion, garlic, and pepper, and saute for 2 minutes.
3. Add chicken and saute until browned, about 5 minutes.
4. Add the rest of the ingredients except yogurt and coriander.
5. Bring to a boil, reduce heat, and simmer for 15 minutes.
6. Remove from heat and stir in yogurt and coriander. (Note: if making in advance for the week leave this last step until just before serving)
7. Serve with wholegrain or brown rice (65 g dry weight per portion).

### Nutrition Facts

Recipe yields 2 servings

Calories 273

Total Fat 13 g

Total Carbs 15 g

Protein 35 g

## **Tips**

- This is even better when prepared in larger quantities for use throughout the week, as curries get better after maturing for a day or two! It will take a bit longer—the prep, and cooking time to make sure the chicken is well cooked—but having the curry there after work to eat right away is a welcome sight. Adapt the quantity of chicken according to your diet plan and specific protein needs.
- For the larger portion version, you may need to remove the onion, pepper, and garlic from the pan after sautéing for 2-3 minutes, and keep them to one side while browning the chicken in batches.
- Improvise and adapt when necessary. For instance, when preparing a large portion for the week, I didn't have enough fresh tomatoes, so I used a tin of chopped tomatoes. I also used a Madras curry powder for added spice