

Chicken Onions and Tomatoes Curry

A delicious curry combining the fragrant flavors of chicken, onions and tomatoes with Indian spices.



Main Dish

Indian

25 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- Ingredients for 1 person:
- 100g chicken
- 1 onions, diced
- 2 tomatoes, diced
- 2 cloves of garlic, chopped
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 2 tablespoons olive oil
- Salt and pepper to taste

Steps

- 1 Heat the olive oil in a pan over medium-high heat.
- 2 Add the onions and garlic and sauté until translucent, about 5 minutes.
- 3 Add the chicken and cook until lightly browned, about 7 minutes.
- 4 Add the tomatoes and spices and cook for a further minute.
- 5 Add a little water to make a thick sauce, season with salt and pepper and simmer for 10 minutes.
- 6 Serve over steamed rice and garnish with fresh herbs.