

## Chicken Vindaloo Recipe

**Ingredients:** Serves 4

500g skinless, boneless chicken breast halves, cut into  
1-inch cubes  
1 tablespoon vegetable oil  
1 onion, sliced  
6 fresh curry leaves  
1 large potato, peeled and cut into 1-inch cubes  
2 green Thai or Anaheim chilies, seeded and finely chopped

**For marinade:**

$\frac{2}{3}$  cup (160ml) malt vinegar  
1½ teaspoons coriander seeds, crushed  
1 teaspoon cumin seeds, crushed  
1 teaspoon chili powder  
 $\frac{1}{4}$  teaspoon ground turmeric  
3 cloves garlic, finely chopped  
1 teaspoon peeled and grated fresh ginger  
1 teaspoon sea salt  
1½ teaspoons sweet paprika  
1 tablespoon tomato paste  
pinch ground fenugreek  
 $\frac{1}{4}$  cups (300ml) water

**Method:**

To make marinade: In a baking dish, combine all ingredients and stir to blend. Add chicken and toss to coat. Cover and refrigerate for 30 minutes. In a wok or large skillet, heat oil over medium heat and fry onion and curry leaves until onions are soft, about 1 minute. Reduce heat, add chicken and marinade, and fry for 2 minutes. Add potato, cover and simmer until potato and chicken are tender, about 10 minutes. Remove from heat and stir in green chilies. This is a traditional hot Indian curry, so serve with steamed basmati rice or naan.

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