

dutch oven chicken curry

Makes 6 servings

RECIPE ADAPTED FROM: [Half Baked Harvest](#)

PREP TIME: 20 minutes

COOK TIME: 40 minutes

2 Tbsp olive oil
2 lbs mixed chicken breasts and thighs
1 yellow onion, chopped
1 Tbsp fresh garlic, chopped
2 tsp ground ginger
2 tsp cumin
2 tsp turmeric
1 tsp cayenne pepper
½ tsp sea salt
1 can (14 ounce) coconut milk
1 can (14 ounce) crushed tomatoes
cinnamon stick or star anise (optional)
sea salt, to taste
½ cup fresh cilantro

WARM olive oil over medium heat in a large Dutch oven.

ADD onion, garlic, and chicken, and cook until some of the chicken is lightly seared.

ADD ginger, cumin, turmeric, cayenne, and salt. Stir well and sauté until the spices are fragrant, about 5-8 minutes.

POUR in coconut milk and tomatoes. If using, add cinnamon or star anise. Stir to combine and bring the sauce to a simmer.

COVER, reduce heat to low, and let it simmer for at least 20 minutes, or until the chicken is cooked through. Uncover and cook for another 10-15 minutes, until the sauce has thickened.

STIR in half of the cilantro.

SERVE the chicken and sauce over brown rice or alongside cooked vegetables such as green beans. Top with the remaining cilantro and enjoy.

