



Nepalese Cardamom Chicken

🕒 40–50 Min 

Preparation

- 1 Wash the chicken fillets, pat dry and cut into bite-sized pieces.
- 2 Peel and roughly dice the onion.
- 3 Heat the oil in a pan and fry the onions, add the meat and fry briefly. Add the ground cardamom, ground turmeric and chili granules and fry until the aromas develop.
- 4 Add the tomato puree and fry briefly. Use water to deglaze the pan and allow to simmer for 5–10 minutes until the sauce has developed a smooth consistency.
- 5 Fold in the yogurt and turn down the heat, as otherwise the yogurt will split.
- 6 Serve onto plates with rice and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

300 g	Chicken breast fillet
2	Onions
2 tbsp.	Rapeseed oil
2 tsp.	Tomato puree
100 ml	Water
120 g	Yogurt
0.5 tsp.	Cardamom, ground
0.5 tsp.	♦ Turmeric, Ground
1 pinch	♦ Chili Extra Hot Granules

