

Nepalese Cardamom Chicken

40–50 Min

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

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.