

Chicken curry *(Meat main dishes)*



Preparation

Get your butcher to joint the chicken into pieces all roughly the same size. Cut the onion, peppers and carrots into chunks. Fry the onion over a high heat with a little oil – you want it to become crisp. Dip the chicken in flour and add it in the pan, until browned. Add the carrots and peppers, maintaining the high heat so that they don't become too soft. Separately, heat the milk and dissolve two tablespoons of curry powder in it. Pour the mixture over the chicken, salt to taste and simmer, taking care to serve the chicken when it is perfectly cooked and the sauce just nice and creamy. Serve with steamed basmati rice.

Tips

Match chicken curry with a light red wine such as a Beaujolais or rosé wine from Provence. Usually this dish is accompanied by basmati rice, but if you prefer you can substitute a pilau rice or even couscous.

Trivia

Curry is a mixture of different spices, widely used in Asian cookery, especially in India, where it is called Masala. For several years it has been widely used in Italian cookery as well as in many other cuisines of the world, to give a touch of something extra to vegetable, meat or fish dishes.

Information

Preparation 30 minutes

Total Time 30 minutes

Serves X Serves 3 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Chicken breast 300 grams (Cut into pieces)

Bell peppers (2 green peppers)

Carrots (2 carrots)

Onions (Half a white onion)

Groundnut oil (To taste)

Curry (2 tablespoons of curry powder)

Milk (Half a glass of milk)

Salt (To taste)

Basmati rice 200 grams

Italian 00 flour