

Chicken Curry

Great flavors for your palate and the curry spices, vegetables, and yogurt are terrific for your brain. This recipe is a sample from my new book, The Better Brain Solution, Knopf Publishing.

Prep Time: 30-40 minutes **Serves:** Two

Ingredients:

1 pound	Chicken thighs, deboned and cut into strips (organic-fed, cage-free)
2 Tbsp	Macadamia nut oil (ok to substitute almond or avocado oil)
½ medium	Red onion, cut into long thin slices
2 Tbsp	Curry powder
1 tsp	Paprika, ground
¼ tsp	Cayenne pepper, ground (1/8 to ½ tsp to your taste)
1 tsp	Ginger, ground (or 1 Tbsp fresh ginger grated)
¼ tsp	Sea salt
¼ tsp	Ground black pepper
½ medium	Head of cauliflower, cut into bit sized pieces
1 cup	Peas (frozen or fresh, shelled)
½ cup	Chicken stock (organic)
1 cup	Plain organic yogurt (2% or full fat)
¼ cup	Fresh cilantro, chopped (or parsley)

Directions:

Heat a sauté pan to medium-high heat, add 1 Tbsp of oil, add chicken and cover pan, stirring occasionally until all sides are lightly browned, about 5 minutes. Remove chicken and place in a holding bowl. Add the second tablespoon of oil and sauté onion with curry spices, paprika, ginger, salt and pepper for 2 minutes, stirring occasionally. Add cauliflower, cover, and heat another 3-4 minutes until cauliflower is al dente. Reduce heat to medium-low, stir in cooked chicken, peas, and stock and simmer 4-5 minutes, until chicken is cooked. Turn off heat, stir in yogurt, and garnish with cilantro and serve.

Enjoy,

Steven Masley, MD