

JAPANESE CHICKEN CURRY OVER RICE

INGREDIENTS

- 2 tablespoons oil of your choice
- 1 pound of chicken
- 1 large onion (peeled and finely chopped)
- 2 cloves garlic (finely chopped)
- 1 tablespoon ginger (peeled and minced)
- 3 tablespoons all-purpose flour
- 2 large carrots (peeled and roughly chopped on the bias)
- 1 head of broccoli
- 1 large potato (peeled and roughly chopped)
- 4 tablespoons curry powder
- 2 tablespoons tomato paste
- 1 1/2 tablespoons granulated sugar
- 2 tablespoons soy sauce
- 4 cups water/chicken stock
-

INSTRUCTIONS

1. In a large pot over medium high heat, add 1 tablespoon oil and chicken. Cook for 5 minutes or until meat is cooked through. Transfer to a plate and set aside.
2. Lower heat to medium low and in the same pot, add remaining 1 tablespoon oil with onions and cook for about 10 minutes, until onions are translucent and slightly caramelized.
3. Add garlic, ginger and cook for 2 minutes.
4. Add flour and stir for 1 minute.
5. Add carrots, potatoes, broccoli and curry powder and stir well.
6. Add tomato paste, stir well and bring to a boil.
7. Add sugar, soy sauce and water, stir and bring to a boil again.

8. Add chicken and lower heat to a simmering boil. Cover and cook for 30 minutes.
9. Take the lid off and cook for another 30 minutes or until curry soup has reduced by a third.
10. Season with salt and pepper and serve with rice.

