

Indian Appleous 500

This is another recipe from *The Looneyspoons Collection* – probably the most used cookbook in my library☺ It is a delicious dish with Indian coconut curry chicken with chopped apples.

Ingredients

- 1 tbsp olive oil
- 12 chicken thighs (got some great ones from Hoofin' It, our local butcher)
- 1 medium onion, chopped
- 1 large red bell pepper, chopped
- 2 large garlic cloves, minced
- 1 1/2 tbsp grated gingerroot
- 1 1/2 tsp curry powder and chili powder
- 1/2 tsp ground turmeric and ground cinnamon
- 1 can light coconut milk
- 1/4 cup mango chutney
- lemon zest of two lemons
- 2-3 dashes of salt
- 1 large apple, peeled, cored and chopped into large pieces (green is suggested, but I had red)
- 1/2 cup frozen green peas
- 2 tbsp chopped fresh cilantro (I left this out as we didn't have any, but cilantro is SO good!)

Heat the olive oil in a saucepan. Add the chicken and cook until lightly browned. Remove the chicken. Add the onions, red pepper and garlic to the saucepan and cook until they begin to soften. Add the gingerroot, curry powder, chili powder, turmeric, and cinnamon. Cook for about 1 minute. Stir in the coconut milk, mango chutney, lemon zest and salt. Then stir in the chicken pieces and apples. Cover and simmer over low heat for 15 minutes. Add the peas and cilantro and simmer uncovered for 5 more minutes. Serve over brown basmati rice or quinoa.

Enjoy!