

Cilantro Chicken Curry

PREP TIME:

15 minutes

COOKING TIME:

LOW: 7-8 hours
OR
HIGH: 3-4 hours

SERVES:

4 - 6

INGREDIENTS:

2 tbsp olive oil
1 tsp / 2 inch piece ginger, minced
1 tsp / 2 cloves garlic, crushed
1/2 jalapeno, minced
2 lbs chicken thighs, skinless, boneless
1/2 tsp Kosher salt
1 Indian Dal blend
6 oz cilantro (2 medium bunches, including stems)
2/3 cup water
2 tbsp lemon juice

PREPARE:

heat the oil and sauté the ginger, garlic and jalapeno for 2 minutes over a medium heat

transfer the ginger mixture to the slow cooker

sprinkle the chicken with the salt and Indian Dal blend place in the slow cooker

in a small blender chop the cilantro with the water and lemon juice (or if you don't have a blender you can roughly chop the coriander and stir into the slow cooker with the water and lemon juice)

transfer to the slow cooker

stir, cover and cook on LOW for 7-8 hour or HIGH for 3-4 hours

