



Spiced Chicken Curry

Recent studies have shown that spices have anti-glycation and anti-aging properties.

Cinnamon, ginger, and turmeric have antioxidant properties, stimulate blood circulation, and detoxify the body. Combining them with tomatoes and other spices that have antioxidant properties can further enhance their effects.



Anti-aging foodstuffs

Spices



Tray RIM

<Ingredients> For 4 servings

[A]	1.5 onions, chopped
8g Coriander powder	32g Grated garlic and ginger (~16g each)
4g Cumin powder	300g Chicken thighs, skin removed and cut into bite-sized pieces
2g Turmeric powder	100g Tomato puree
2g Cayenne pepper	200g water
2g Paprika powder	
4g Garam Masala	
8g Salt	
60g Olive Oil	

[B]
2g Cumin seeds
1 Cinnamon stick (3g)
2 Bay leaves



<How to cook>

1. Mix together the spices from A.
2. Put olive oil in a frying pan, add spices B and heat over low heat for 1 minute.
3. Add chopped onion from step 2 and saute over low heat for about 15 minutes, then add spices (A), garlic and ginger and continue to saute.
4. Add chicken thighs from step 3 and fry on both sides, then add tomato puree, water and salt and simmer over low heat for 30-40 minutes.
5. Make saffron rice separately and serve.

(For saffron rice, put the rice in a rice cooker with the appropriate amount of water, a little saffron, a pinch of salt and about 10g of butter.)