

Low Carb Chicken Curry

Calories: 154 kcal

Servings: 4

Time: 40 Mins

Ingredients

- 1.00 whole Bay Leaves
- 250.00 g Can Whole Peeled Tomatoes
- 480.00 g Chicken Breast (skinless, cut into cubes)
- 2.00 tsp Curry Powder
- 2.00 clove Garlic (finely chopped)
- 1.00 tsp Lemon Juice
- 1.00 tbsp Olive Oil
- 160.00 g Onions (chopped finely)
- 1.00 pinch Salt
- 100.00 g Yoghurt (Plain)

Instructions

1. Heat oil in pan over medium heat, add onion, garlic and bay leaf and saute until onion is lightly browned.
2. Add tomatoes, curry powder and salt and cook 5 minutes, add the chicken and cook 15 minutes, until cooked through.
3. Reduce heat to low, stirring constantly, gradually blend in the yoghurt.
4. Mix in lemon juice just before serving.