**Indian Yellow Curry**

**Ingredients**

* 15 mL oil
* 1/4 onion, chopped
* 1 clove garlic, minced
* 20 mL curry paste
* 2 mL ground cinnamon
* 2 mL paprika
* 1 bay leaf
* 2 mL grated fresh ginger root
* 1 mL white sugar
* salt to taste
* 1 skinless, boneless chicken breast - cut into bite-size pieces
* 15 mL tomato paste
* 125 mL plain yogurt
* 125 mL coconut milk
* 15 mL lemon juice
* 1 mL cayenne pepper
* Chopped veggies

**Directions**

1. Heat oil in a medium pot over medium heat. Saute onion until lightly browned. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes. Add chicken pieces, tomato paste, and coconut milk. Bring to a boil, reduce heat, and simmer until chicken is cooked. (or longer)

Stop here, do not add yogurt until directed to.

1. Add yogurt and veggies. Simmer until veggies are tender.
2. Remove bay leaf, and stir in lemon juice and cayenne pepper.
3. Serve on rice.