Chicken Curry

Chicken Curry uses boneless skinless chicken thighs with aromatic spices and a gently cooked sauce.



20 min prep | 45 min cook | 65 min total

4 servings | Easy | Indian cuisine

What you need

- 680 g boneless skinless chicken thighs, cut into 3 cm pieces
- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves, minced
- 15 g fresh ginger, grated
- 400 g chopped tomatoes
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp mild chili powder
- 3/4 tsp salt
- 150 ml water
- 1 tsp garam masala
- 2 tbsp chopped cilantro

Step-by-step method

1. Heat oil in a deep pan. Cook onion over medium heat for 8 minutes until golden. Add garlic and ginger; stir for 1 minute.

2. Add cumin, coriander, turmeric, chili and salt. Stir for 20 seconds; add tomatoes and cook 8 minutes until thick.

3. Add chicken and water. Cover and simmer gently for 20–25 minutes, stirring occasionally, until chicken reaches 165°F (74°C).

4. Uncover and reduce sauce to the desired thickness. Stir in garam masala and cilantro. Serve hot.

Before you start: useful cooking notes

COOKING TIPS

Prepare ingredients before heating the pan.
Use gentle heat for dairy.
Check the thickest chicken pieces with a thermometer.

AVOID THESE MISTAKES

Do not judge safety by color alone.
Keep cooked chicken off plates used for raw poultry.

SAFE DONENESS Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

Cook’s notes, serving & storage

Make the recipe your own, then cool, store and reheat leftovers safely.

Variations

Herbs: Finish with chopped parsley or cilantro.
Vegetables: Add 150 g peas during the final 5 minutes.
Mild version: Omit chili and use sweet paprika.

Serving suggestions

Serve with separately cooked rice or flatbread.

TO COMPLETE THE MEAL

Serve the curry hot with rice or flatbread cooked separately. Add fresh cilantro at the table for a bright finish.

Make-ahead, storage & reheating

REFRIGERATE	Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days.
FREEZE	Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator.
REHEAT	Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Frequently asked questions

Can I make this ahead?

Yes; refrigerate promptly and reheat thoroughly.

Can I freeze it?

Freeze the cooked chicken base; add noodles or pastry fresh for better texture.

How do I check doneness?

Check chicken reaches 165°F (74°C).

Food-safety references: FoodSafety.gov — Safe minimum cooking temperatures; FoodSafety.gov — Cold food storage