

# MURGHI PIAZ TAMATAR

## Chicken & Onions in a Tomato Gravy



### Ingredients:

1½	Pounds	Chicken Breasts or Thighs (boneless/skinless)
½	Cup	Coconut Oil
3	Medium	Onions, peeled, halved and sliced thin
8	Cloves	Garlic, peeled and minced
2	Tablespoons	Fresh Ginger, peeled and minced (about 2 thumb-sized pieces)
¼	Teaspoon	Ground Cardamom
1	Tablespoon	Ground Turmeric
¼	Teaspoon	Cayenne Pepper
¼	Cup	Fresh Cilantro, chopped
1	28 Ounce	Diced Tomatoes, drained (or 1¾ # fresh tomatoes)
¾	Pound	Basmati Rice
4	Quarts	Water
2	Tablespoons	Salt

### Directions:

1. Cut chicken into ½ inch pieces. Sear in coconut oil over medium-high heat until browned on all sides. Remove from pan and place in large casserole dish.
2. Reduce heat to medium and saute onion until translucent, scraping up any browned bits. Add the garlic, ginger, cardamom, turmeric, cayenne and cilantro. Saute another 2 minutes, stirring to coat the onion with the spices.
3. Add the tomatoes; mix well and bring to a boil. Pour over chicken, stir to combine and cover. Place in 350° oven and cook for 30 minutes. Uncover, stir and place back in oven (uncovered) for an additional 15 minutes.
4. While chicken is cooking, rinse rice under cool running water. Place in a bowl, cover with water and let sit 30 minutes. Bring 4 quarts water and salt to a full boil. After 30 minutes, drain the soaking rice and place in boiling water.
5. Stir constantly until water comes back to a boil. Cook for 4 minutes and drain well. Add back to pan and cover until ready to serve. Fluff with fork before serving.

**NOTE:** If using regular white rice, boil for 12 minutes. Brown rice should cook for 18 – 20 minutes and a wild rice blend will need 23 – 25 minutes.