

Dinner - Paleo

Spicy Indian Stir-Fry



SERVES: 4 PREP: 20 min. + 2 h. COOK: 25 min.

Ingredients

4 chicken breasts, cut into strips

4 carrots, sliced

1 small red onion, minced

2 bell peppers, chopped

2 green chilies, sliced

1 tbsp. garlic paste

1 tbsp. ginger paste

1 tsp. chili powder

½ tsp. cumin

2 tbsp. red chili paste

Ingredients for the marinade

2 tsp. ginger, minced

2 garlic cloves, minced

2 tsp. turmeric powder

1 tsp. red chili powder

1 tsp. coriander powder

1 1/2 tsp. cumin powder

2 tbsp. tapioca starch

1 egg, beaten

Preparation

1. In a bowl, combine all the ingredients for the marinade and stir well.
2. Add the chicken and stir until well coated; then place in the refrigerator and marinate for at least 2 hours.
3. Melt some cooking fat in a large skillet placed over a medium-high heat and brown the chicken slices on all sides.
4. Remove the chicken and set aside.
5. Add the onion, garlic paste, ginger paste, cumin, and chili powder to the pan, and cook for 2 to 3 minutes.
6. Add the remaining vegetables and cook until they start to soften (about 5 minutes).

7. Return the chicken to the pan. Stir until everything is well coated, cover, and cook for another 5 to 10 minutes or until the chicken is cooked through.