

# Caribbean Curry Chicken

Prep time: 15 mins

Cook time: 40 mins

Yield: Serves 4

---

## Ingredients

2 lbs	Chicken, pieces (legs and thighs separated, skin removed)
3 tbsp	Curry powder
1 cup	Onion
2 tbsp	Garlic, minced
1 tbsp	Ginger, minced
2 tbsp	Cilantro, chopped
1 sm	Cinnamon stick
½ tsp	Fennel seeds
½ cup	Tomato, diced
½ lb	Caribbean sweet potato, sweet potato, or potato, medium dice
½ cup	Kale, chopped small
2 tbsp	Oil
To taste	Sea salt
To taste	Black Pepper

## Directions

1. Heat a pot over medium high heat. Add the oil then add the onion, garlic and ginger and saute for about 7 minutes. Add the cilantro, fennel seeds, cinnamon and curry powder. Turn the heat down to low and toast the spices for about 2 minutes, stirring frequently so that they do not burn. Stir in the tomatoes to form a paste. Add the chicken.
  2. Mix all of the ingredients together. Place a lid on the pot and turn down to medium heat. Let the chicken cook for about 15 minutes stirring every 5 minutes to prevent it from sticking onto the bottom.
  3. Add the sweet potato and enough water to just cover the chicken. Stir and season lightly with salt and black pepper. Cover the pot and continue to cook for about another 15 minutes until the potatoes are soft and chicken is fully cooked.
  4. Season with salt and black pepper to taste. Add the chopped kale. Stir together and serve with rice.
-