



All Great Meals Begin With
Rulli Bros.
M A R K E T S

Casey's Red Pepper Chicken

Serves 6-8

Ingredients

3 lbs. Boneless Skinless Chicken Breast and Thighs cut into pieces,
2 chicken legs skinned
1 large onion peeled and quartered
2 Tbsp coarsely chopped fresh ginger
4 cloves peeled garlic
½ cup blanched, slivered almonds
1 large sweet red pepper, seeded and coarsely chopped
1 tbsp. ground cumin
2 tsp. ground coriander
½ tsp. ground turmeric
1 tsp. cayenne pepper
2 tsp. salt
½ cup canola oil
1 cup water
Juice from one lemon
½ tsp. fresh ground black pepper

Preparation

Combine onions, ginger, garlic, almonds, peppers, cumin, coriander, turmeric, cayenne and salt in the bowl of food processor. Blend until you have a loose paste.

Put mixture in a large wide skillet and warm over medium high heat. When bubbly, about 5 – 7 minutes, add chicken, water and black pepper. Mix thoroughly and bring to a boil. Cover, simmer gently for 30 – 40 minutes, stirring occasionally until chicken is cooked through.

Serve with Basmati Rice in Coconut Milk (recipe on Casey Malone Show website).



For more information please visit - CaseyMaloneShow.com