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LastGroove

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★ ★ ★ ★ ★
Keine Stimmen

Curry Sauce



Curry sauce is a quick and easy dish that you can make in the comfort of your kitchen or in the middle of the forest.

The amount of sauce in this recipe serves 3 people.

To make the sauce easier to prepare, you can use broth thickened with wheat flour instead of yogurt.

Ingredients

- 1 onion
- 1 apple
- 1 chicken breast
- curry powder
- plain yogurt (thick)
- salt and pepper to taste

Recipe

- Sauté the onion and apple in a small amount of oil until they are soft (but not browned)
- Cut the meat into pieces and sauté it with the onion and apple. Add two tablespoons of curry powder.
- Remove the mixture from the heat and let it cool slightly. Stir in the yogurt.
- Gently reheat the mixture, making sure the yogurt doesn’t curdle.
- Add salt and pepper to taste.

Serving

Curry sauce tastes great with rice. It can also be served with bread or vegetables.

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