



Cornell Health & Nutrition Balanced Choices for Life

Dinner: Basic Chicken Curry

Serves 4 - 6

Ingredients

- 1 3½ - 4 lb chicken cut into pieces
- 4 tablespoons olive oil
- 2½ teaspoons kosher salt
- ¾ teaspoon fresh ground black pepper
- 2 tablespoons of curry powder
- 8 carrots, halved lengthwise and cut into 1 inch pieces

Directions

1. Pre-heat oven to 400 degrees.
2. Mix 2T of olive oil, 1½t salt, ½t of pepper and 2T of curry powder together in a small bowl.
2. Prepare chicken by rinsing and patting dry with a paper towel. Place in a roasting pan. Drizzle the oil mixture over the chicken and rub it to coat the chicken parts.
3. In a large bowl, combine the carrots, 2T of oil, 1t salt and ¼t pepper. Stir until the carrots are coated with oil.
4. Scatter the carrots around the chicken. Roast until a chicken thigh registers 180 degrees – about 45 minutes.

Serve with cooked rice.

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