

# **RECIPE**

# ***CURRIED CHICKEN MASALA***

## **EQUIPMENT**

oven safe medium sauté pan and oven  
small sauté pan or griddle

## **INGREDIENTS**

- 1 6 oz slow roasted chicken breast
- ¼ cup dry white wine
- ¼ cup orange juice
- 1 cup salsa fresco
- 2 stems fresh mint, leaves only
- ¼ cup red onion, chopped
- 1 tsp herbs du provence
- 1 tsp coriander
- 1 tsp caraway seeds
- 1 tbsp curry powder
- ½ tsp sriracha
- ½ tsp minced garlic
- 1 pinch italian parsley, chopped
- 2 cups seasonal vegetables
- 1 cup rice pilaf
- montreal steak spice to taste
- salt and pepper to taste

## **DIRECTIONS**

- 1. preheat oven to 400 degrees
- 2. rub chicken with herbs du provence and salt and pepper to taste.
- 3. add chicken to sauté pan, and cover with foil or another pan and place in the oven
- 4. cook covered for 4 minutes
- 5. simultaneously add wine, orange juice, salsa fresco, mint, onion, coriander, caraway, curry powder, and sriracha to small sauté pan and bring to a simmer, whisking ingredients together
- 6. uncover sauté pan and pour the masala sauce over chicken
- 7. cook uncovered in oven for an additional 4 minutes
- 8. simultaneously add vegetables, butter, garlic and steak spice to small sauté pan or griddle
- 9. plate rice and vegetables
- 10. remove chicken from oven and plate over rice and vegetables
- 11. pour reserve over chicken
- 12. top with italian parsley