Chicken Stew

Ingredients:

1.5 kg chicken

3 onions

4 cloves garlic

1 tablespoon ginger

1.5 teaspoon turmeric

1.5 teaspoon paprika

2 tablespoon tomato paste

2 cups yoghurt

2 cups grated carrots

2 tablespoon oil

1 cup water

Juice of 1 lemon

Salt and pepper to taste

1. Fry the chicken pieces in the oil until golden brown. Put aside.
2. In the same pan, fry onion until brown.
3. Add the garlic, ginger and seasonings.
4. After 5 minutes, add tomato puree and yoghurt.
5. Put back the chicken and pour in water. Cover and simmer until the chicken is soft.
6. Sprinkle in the lemon juice.
7. Serve hot with rice or naan or chapati.