



Our Newlywed
KITCHEN

A Favorite of: _____

Country Captain

Serves: 4

Prep Time: 10 minutes

Cook time: 30 minutes

Ingredients:

3 Tbs olive oil
8 chicken thighs (boneless)
1/2 cup flour
1 tsp salt
1/2 tsp black pepper
1 onion chopped
1 large bell pepper (chopped)
1 clove garlic (minced)
16oz can diced tomatoes
1 tsp curry powder
1 tsp dried parsley
1/2 tsp dried thyme
1/2 cup raisins
1/2 cup sliced almonds

Directions:

Rinse and pat dry chicken thighs. In a bowl combine the flour, salt and pepper. Dredge the chicken in the flour mixture—coat well. In a Dutch oven add oil and bring to medium high heat. Add chicken pieces several at a time until all browned—turning once. Remove chicken and place on plate. In the same pot add onion, bell pepper, garlic, and sauté until translucent. Stir in tomatoes, curry, thyme, and parsley. Add chicken back to the pot, stir and cover. Cook on medium heat for 10 minutes. Add raisins, cover and cook 5 additional minutes. Serve over white rice and garnish with toasted almonds.

Toasted Almonds

Heat a small sauté pan to medium low heat. Add sliced almonds and stir frequently for 1-2 minutes. Turn off heat and let stand.