

One-Pot Chicken Curry Recipe: A Flavorful Weeknight Masterpiece

is your perfect entry point.



TIME
1 min

TEMP
165°F

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INGREDIENTS

The Aromatics: 1 large white onion, 1 seeded jalapeño, a 2.5-inch piece of fresh ginger, and 8 cloves of garlic.

The Spice Base: 3 Tbsp vegetable oil, 2 Tbsp curry powder, and 1 tsp garam masala.

The Sauce: 2 Tbsp tomato paste, 2 cups tomato puree, and 2/3 cup whole-milk yogurt.

The Protein: 2 lbs boneless, skinless chicken thighs.

Pantry Essentials: Kosher salt and water.

For Serving: Fluffy Basmati rice and fresh cilantro.

DIRECTIONS

- 1. Puree the Aromatics:** In a food processor, pulse the coarsely chopped onion until it forms a smooth puree. Transfer this to a bowl. Next, pulse the jalapeño, ginger, garlic, and 1/2 cup of water until a consistent paste forms. Keep these separate for now.
- 2. Bloom the Spices:** Heat the vegetable oil in a large pot over medium heat. Add the curry powder and stir constantly for about 1 minute. This "toasts" the spices, releasing their essential oils and intensifying the flavor.
- 3. Build the Base:** Add the onion puree to the pot and season with salt. Cook for about 5 minutes, stirring occasionally, until the moisture evaporates and you're left with a thick, concentrated paste. Stir in the jalapeño-ginger mixture for 1 minute, followed by the tomato paste. Cook for another 2 minutes until the paste darkens.
- 4. Create the Smooth Sauce:** Return this onion and spice mixture to the food processor. Add the tomato puree and yogurt. Pulse until the sauce is completely smooth and vibrant. Return the sauce to the pot, stir in 1 cup of water, and bring it to a gentle boil before dropping the heat to a simmer.
- 5. Simmer the Chicken:** Pat the chicken thighs dry and season with salt. Add them to the simmering sauce. Cover the pot and cook for about 20 minutes, stirring every 5 minutes to prevent the sauce from sticking to the bottom. Use a thermometer to ensure the chicken reaches 165°F.
- 6. The Grand Finale:** Turn off the heat. Sprinkle the garam masala over the curry and stir it in. This preserves the "volatile" oils in the garam masala that

give curry its signature floral, spicy scent.

SWAPS & NOTES

Yogurt: Ensure you use whole-milk yogurt for the creamiest result.

Low-fat or non-fat yogurt is more likely to "break" or curdle when it hits the hot sauce.

Spice Level: If you prefer a very mild curry, remove all the seeds and ribs from the jalapeño, or swap it for a smaller amount of green bell pepper for the flavor without the burn.

The Tomato: If you can't find tomato puree, you can pulse a can of whole peeled tomatoes in your processor until smooth.

TIPS FOR SUCCESS

Dry Your Chicken: Always pat the meat dry before seasoning.

This helps the salt stick and prevents extra water from diluting your carefully crafted sauce.

Don't Skip the Puree: Taking the extra minute to use the food processor is what gives this curry its "silkeness." Chopped onions just won't melt down the same way.

Stir Regularly: Because the sauce is thick and contains yogurt, it can scorch easily.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pot-chicken-curry-recipe-a-flavorful-weeknight-masterpiece/>