

This is a really fantastic recipe. Your company/family will be so impressed. It tastes great with rice!

## Chicken Curry



- 1 tablespoon vegetable oil
- 2 tablespoon all purpose flour
- 1 tablespoon curry powder
- 1teaspoon ground cumin
- 1/4 teaspoon salt
- 4 (3 ounce) thin chicken breast
- 1/2 cup orange juice
- 1/2 cup water
- 2 tablespoons mango chutney
- 1/4 cup sour cream

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## Gourmet Cookie Bouquets.com

Curry powder is a spice mixture of widely varying composition developed by the British colonialists in India from the 18th century.

[Gourmet Cookie Bouquets](#) offers design cookies, cookie arrangements, cookie tins and bouquet delivery for birthday, get well, thank you and corporate gift occasions.

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In a large skillet, heat oil. In a large plastic reclosable bag, mix the flour, curry powder, cumin and salt. Add the chicken and shake to coat. Transfer the chicken to the skillet, shaking off any excess flour (reserve the remaining flour): sauté until cooked through. Put chicken on plate and keep warm. Stir excess flour into skillet mixing with pan juices. Add orange juice and water, stirring constantly and scraping up the browned bits from the bottom of the skillet. Stir in chutney. Bring to a boil and cook, stirring until mixture thickens. (1 minutes) Stir in sour cream until blended. Simmer 30 seconds. Spoon sauce over chicken. Sprinkle with cilantro.