

Spiced Chicken Balti

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-balti-recipe>

Ingredients:

- 1 tablespoon sunflower oil
- 2 onions large, thickly sliced
- 4 skinless chicken breasts
- 4 tablespoons curry paste balti
- 1 1/8 cups quinoa
- 2 11/16 cups chopped tomatoes
- 4 1/4 cups chicken stock
- 6 1/4 tablespoons roasted salted cashews
- 1 bunch coriander leaves chopped

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 85 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 43 grams
7. SaturatedFat: 3 grams
8. Sodium: 550 milligrams
9. Sugar: 13 grams

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