

# Indian Curry Chicken

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-style-curry-chicken-recipe>

## Ingredients:

- 3 tablespoons vegetable oil
- 2 pounds boneless skinless chicken breasts or thighs, diced
- 1 1/2 cups onion diced
- 1 tablespoon garlic minced
- 1 tablespoon fresh ginger grated
- 1 tablespoon curry powder
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon Garam Masala
- 1 pinch cayenne pepper
- 1 teaspoon salt
- 3/4 cup water
- 15 ounces crushed tomatoes fire roasted
- 1 1/2 cups light coconut milk
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh cilantro chopped & divided
- 6 cups cooked rice

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 95 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 35 grams
7. SaturatedFat: 15 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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