

# Easy Chinese Curry Chicken

Yield: 4 min  
Total Time: 23 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-chinese-curry-recipe>

## Ingredients:

- 12 ounces chicken breast thinly sliced against the grain into 1/4", 5mm thick pieces
- 1/4 teaspoon salt
- 1 tablespoon Shaoxing wine or dry sherry
- 1 tablespoon cornstarch
- 1 1/2 teaspoons curry powder \*Footnote 1
- 1 teaspoon turmeric powder
- 1/2 teaspoon chili flakes depending on spice level, Optional
- 2 tablespoons peanut oil or vegetable oil
- 1/2 large white onion chopped
- 1/2 ginger ", 1 cm, minced
- 1 green bell pepper chopped
- 1 carrot sliced
- 1 cup low sodium chicken broth
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 teaspoons oyster sauce

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 55 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 2 grams
8. Sodium: 950 milligrams
9. Sugar: 4 grams

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