

South African Chicken Curry

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-chicken-curry-recipe-youtube>

Ingredients:

- 6 chicken thighs
- 2 tablespoons curry powder
- 2 tablespoons flour
- 2 tablespoons brown sugar
- 1 tablespoon black pepper powder
- 1/2 cup apricot jam
- 2 tablespoons vinegar
- 1 tablespoon mustard
- 1 1/2 cups water
- 2 tablespoons chopped garlic
- 1 onion sliced into rings
- 1 green pepper diced
- 8 ounces mushrooms halved
- 3 tablespoons vegetable oil

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 195 milligrams
4. Fat: 42 grams
5. Fiber: 2 grams
6. Protein: 42 grams
7. SaturatedFat: 10 grams
8. Sodium: 220 milligrams
9. Sugar: 16 grams

Thank you for visiting our website. Hope you enjoy South African Chicken Curry above. You can see more 17 south african chicken curry recipe youtube They're simply irresistible! to get more great cooking ideas.