

Chicken Curry with Coconut Milk

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-recipe-with-coconut-milk-indian>

Ingredients:

- 1 tablespoon coconut oil or olive oil
- 1 tablespoon curry powder
- 1/2 teaspoon ground black pepper
- 1/2 medium onion finely diced
- 1 pinch baking soda
- 2 1/2 inches ginger piece of, peeled and finely minced
- 4 cloves garlic minced
- 15 ounces coconut milk
- 2 pounds boneless skinless chicken breast thinly sliced
- 1 1/2 teaspoons kosher salt
- 1 red bell pepper sliced
- 6 ounces baby spinach
- 1/2 cup fresh cilantro chopped

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 145 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams
6. Protein: 52 grams
7. SaturatedFat: 28 grams
8. Sodium: 1250 milligrams
9. Sugar: 5 grams

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