

Slow Cooker Indian Butter Chicken with Cauliflower

Yield: 4 min
Total Time: 255 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-green-peas-indian-recipe>

Ingredients:

- 1 pound chicken breasts cubed
- 1 head cauliflower cut in florets
- 15 ounces coconut milk light
- 1 cup plain yogurt whole milk
- 1/4 cup tomato paste
- 2 tablespoons coconut oil melted
- 2 tablespoons ginger root minced
- 2 tablespoons lemon juice
- 1 tablespoon red curry paste
- 1 tablespoon curry powder
- 1 tablespoon ground turmeric
- 1 tablespoon garam masala
- 1 1/2 teaspoons salt
- 1/2 teaspoon cayenne optional
- 1 teaspoon cumin seeds
- 1 teaspoon fenugreek seeds
- 5 green cardamom pods
- 1 cup green peas fresh or frozen
- fresh cilantro
- raita
- brown rice

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 80 milligrams
4. Fat: 40 grams

5. Fiber: 13 grams
 6. Protein: 37 grams
 7. SaturatedFat: 31 grams
 8. Sodium: 1240 milligrams
 9. Sugar: 14 grams
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