

# Indian Chicken Korma

Yield: 6 min  
Total Time: 205 min

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

## Ingredients:

- 3 pounds boneless skinless chicken breasts
- 2 teaspoons extra virgin olive oil
- 2 teaspoons Garam Masala
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons extra virgin olive oil divided into 2 tablespoons and 1 tablespoon
- 3/4 cup water divided into 1/4 cup and 1/2 cup
- 2 white onions peeled and cut into quarters
- 1/2 cup raw almonds ground
- 6 cloves garlic peeled
- 1 1/2 cups plain low fat yogurt
- 4 teaspoons curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon Garam Masala
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon ground coriander seed
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon freshly grated nutmeg
- 3 tomatoes large, diced small
- 1 cup coconut milk unsweetened canned
- 1/2 red chili a small, de-seeded and minced
- 1 tablespoon ginger root freshly grated
- 1 tablespoon brown sugar packed
- 1/4 cup chopped chives garnish, optional

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 145 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 56 grams
7. SaturatedFat: 12 grams
8. Sodium: 910 milligrams
9. Sugar: 11 grams

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