

Rich and Spicy Chicken Curry

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 600 grams chicken fillets
- spice chicken
- salt
- pepper to taste, for spicing the chicken
- 3 tablespoons butter extra for frying the chicken
- 1 tablespoon oil
- 1 tablespoon curry powder
- 1 tablespoon coriander spice & leaves
- 1 teaspoon cumin seeds
- 1/2 teaspoon cayenne pepper
- 1 cinnamon stick
- 1 inch ginger fresh grated
- 1 tablespoon curry leaves dry, crushed
- 1/2 teaspoon chilli flakes
- 1 teaspoon Garam Masala
- 1 teaspoon turmeric
- 5 cardamom pods the whole pod
- 2 teaspoons paprika
- 2 teaspoons black pepper
- 1 dash salt
- 1 bay leaf
- 1 onion
- 3 teaspoons crushed garlic
- 3 tomatoes diced
- 4 tablespoons tomato paste
- 4 potatoes cut into blocks
- 3 cups chicken stock
- 1 teaspoon brown sugar
- 500 milliliters yoghurt Plain double thick

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 135 milligrams
4. Fat: 23 grams
5. Fiber: 12 grams
6. Protein: 48 grams
7. SaturatedFat: 9 grams
8. Sodium: 960 milligrams
9. Sugar: 18 grams

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