

Indian Coconut Chicken Curry

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 1/8 pounds chicken Breast diced
- 1 7/8 cups coconut cream full fat
- 2 Spanish onions medium Red/, sliced thinly
- 1 tablespoon garlic minced
- 1 tablespoon ginger finely grated
- 1 7/8 cups diced tomatoes
- 1/4 cup curry paste Tikka
- 1 teaspoon ground cumin
- 1 teaspoon corriander seeds Ground
- 1/2 teaspoon tumeric
- 1/2 teaspoon garlic salt
- 1/2 teaspoon sea salt
- 1/2 teaspoon chilli powder for a mild to medium curry
- 1 tablespoon olive oil
- bread Roti
- basmati rice Steamed

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 80 milligrams
4. Fat: 47 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 36 grams
8. Sodium: 490 milligrams
9. Sugar: 8 grams

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