

British Indian Chicken Balti Curry

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1/2 onion large
- 2 cloves garlic
- 1 chili
- 3 1/3 tablespoons ginger
- 1 tablespoon vegetable oil
- 1/8 teaspoon asafoetida
- 1/2 teaspoon black onion seeds
- 1/2 teaspoon cumin seeds
- 1 teaspoon coriander ground
- 1 teaspoon ground turmeric
- 1/2 teaspoon fenugreek ground
- 1 tablespoon tomato puree
- 7/8 cup tomato passata
- 1 teaspoon honey
- 6 3/4 tablespoons water
- 2 tomatoes
- 2 chicken breasts
- 1/4 teaspoon salt
- 2 teaspoons garam masala
- 1/2 green pepper
- 1 onion
- 3 3/8 tablespoons natural yogurt optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams

4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 560 milligrams
9. Sugar: 9 grams

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