

Garam Masala Chicken Curry

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-india-garam-masala>

Ingredients:

- 2 tablespoons ghee
- 1 1/2 pounds boneless, skinless chicken thighs
- 1 yellow onion large, chopped fine
- 2 teaspoons fine sea salt
- 1 tablespoon minced garlic
- 2 tablespoons ginger finely grated
- 1 tablespoon turmeric
- 2 tablespoons Garam Masala
- 1/4 teaspoon cayenne
- 1 cup diced tomatoes
- 2 cups coconut milk
- chopped cilantro to serve

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 75 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 18 grams
8. Sodium: 940 milligrams
9. Sugar: 5 grams

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