

Indian Ginger Chicken Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-ginger-chicken-curry-recipe>

Ingredients:

- 500 grams chicken breast fillet cut into 2-3cm cubes
- 2 tablespoons olive oil
- 1 cup spring onions chopped
- 2 teaspoons ginger crushed
- 1 teaspoon salt
- 1/2 teaspoon tumeric
- 3 tomatoes medium grated
- 3 tablespoons low fat plain yoghurt
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon red chilli coarsely crushed

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 80 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 740 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Indian Ginger Chicken Curry above. You can see more 16 south indian ginger chicken curry recipe Deliciousness awaits you! to get more great cooking ideas.