

Healthy Indian Butter Chicken with Basmati Rice

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-basmati-rice-recipe-cumin>

Ingredients:

- 1 1/2 tablespoons coconut oil
- 4 teaspoons Garam Masala
- 1 teaspoon ground ginger
- 1/2 teaspoon chilli powder
- 1 teaspoon curry powder
- 1 onion small, diced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 14 ounces coconut milk
- 6 ounces tomato paste
- 2 1/2 tablespoons whole wheat flour
- 2 pounds chicken breasts chopped into bite size pieces
- 2 cups basmati rice
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1/2 teaspoon Garam Masala optional
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon butter

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 120 milligrams
4. Fat: 32 grams
5. Fiber: 6 grams
6. Protein: 47 grams

7. SaturatedFat: 24 grams
 8. Sodium: 1460 milligrams
 9. Sugar: 7 grams
-

Thank you for visiting our website. Hope you enjoy Healthy Indian Butter Chicken with Basmati Rice above. You can see more 15 indian basmati rice recipe cumin Taste the magic today! to get more great cooking ideas.