

One Pan Indian Coconut Chicken Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 3 tablespoons vegetable oil
- 3/4 pound boneless chicken skinless, cut into 1 inch cubes breasts or thighs
- 1 onion thinly sliced
- 1/2 head cauliflower cut into small florets
- 1 inch fresh ginger piece of, peeled and cut into thick slices
- 2 garlic cloves peeled and smashed
- 1 jalapeno seeded and chopped
- 1 Roma tomato seeded and diced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon Garam Masala
- 1/2 teaspoon salt
- 1/4 cup water
- 1/3 cup frozen peas
- 13 1/2 ounces coconut milk regular or light
- 1/4 cup fresh cilantro optional
- 1 jalapeno sliced, optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 55 milligrams
4. Fat: 41 grams
5. Fiber: 6 grams
6. Protein: 23 grams
7. SaturatedFat: 23 grams

8. Sodium: 400 milligrams

9. Sugar: 7 grams

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