

Chicken Curry in a Hurry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/2 pounds chicken breast cutlets skinless, boneless
- salt
- 3 teaspoons curry powder your favorite yellow, or combination of curry spices, such as garam masala
- 1 tablespoon coconut oil rice bran oil, or olive oil
- 1 onion medium-large , thinly sliced crosswise, about 2 cups
- 1/3 cup golden raisins optional, placed in a bowl and covered with water to plump them
- ground black pepper Freshly
- 1 cup sour cream or a mixture of plain full-fat yogurt, or Greek yogurt and whipping cream or sour cream
- toasted slivered almonds optional
- fresh cilantro optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 140 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 12 grams
8. Sodium: 440 milligrams
9. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Chicken Curry in a Hurry above. You can see more 20 indian thai yellow curry recipe Deliciousness awaits you! to get more great cooking ideas.