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Coriander Chicken Curry

Yield: 4 min Total Time: 25 min

Recipe from: https://www.recipeschoose.com/recipes/indian-coriander-gravy-recipe

Ingredients:

- 1 onion small, roughly chopped
- ginger a thumb-sized piece, roughly chopped
- 2 garlic cloves chopped
- 2 green chilli
- 1 9/16 cups coriander keep a few leaves back as a garnish, optional
- 2 teaspoons coconut oil
- 4 chicken breasts cut into bite-sized pieces
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1/2 cup natural yogurt fat-free
- 1/2 lemon juiced
- basmati rice steamed

Nutrition:

Calories: 380 calories
Carbohydrate: 20 grams
Cholesterol: 150 milligrams

4. Fat: 10 grams5. Fiber: 2 grams6. Protein: 51 grams7. SaturatedFat: 5 grams8. Sodium: 280 milligrams

9. Sugar: 4 grams

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