

Chicken Madras Curry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-food-madras-recipe>

Ingredients:

- 1 tablespoon oil
- 3 cardamom pods lightly crushed
- 1 cinnamon stick
- 1 onion diced
- 1 tablespoon ginger
- 8 garlic cloves
- 2 teaspoons chilli powder
- 2 teaspoons Garam Masala
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon fenugreek
- 1 1/8 pounds chicken diced into large chunks
- 7/8 pound tomatoes tinned
- 1 tablespoon tomato puree
- 1 lemon juiced
- 2 tablespoons coriander leaf diced, including stalks

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 80 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 125 milligrams
9. Sugar: 5 grams

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