

Peanut Butter Chicken Curry

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 tablespoon sunflower oil or alternative oil to fry
- 5 skinless chicken breasts cut into chunks
- 1 large onion chopped
- 3 cloves garlic crushed
- 2 red chillies fresh, deseeded and finely sliced
- 2 teaspoons fresh ginger grated
- 2 teaspoons garam masala powder
- 1 teaspoon turmeric powder
- 6 1/4 tablespoons crunchy peanut butter or smooth if preferred
- 1 11/16 cups coconut milk 1 standard can
- 2 11/16 cups chopped tomatoes tinned, 1 standard can
- 1/2 fresh coriander
- 1/2 leaves
- 11/16 cup roasted salted peanuts lightly crushed, approx weight – optional
- fine sea salt to season
- basmati rice to serve

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 34 grams
3. Fat: 54 grams
4. Fiber: 8 grams
5. Protein: 18 grams
6. SaturatedFat: 26 grams
7. Sodium: 390 milligrams
8. Sugar: 11 grams

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