

Indian-inspired Chicken Meal Prep Bowls

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-hot-india-style-cauliflower-and-peas-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 head cauliflower chopped
- 1 russet potato medium-sized, diced
- 1 red onion small, diced
- 1/2 cup peas
- 1 pound chicken breasts cut into 1-inch pieces
- 2 tablespoons plain yogurt Greek or low fat is fine!
- 1 tablespoon lemon juice
- 2 cloves garlic minced
- 1 teaspoon turmeric
- 1/2 teaspoon Garam Masala sub in cardamom or if you're really in a pinch, leave out altogether and double the ground ginger
- 1/2 teaspoon cumin
- 1/2 teaspoon ginger ground dried
- 1/2 teaspoon salt
- 1 teaspoon curry
- 1 teaspoon coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon ginger ground dried
- 1/2 teaspoon salt

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 75 milligrams

4. Fat: 7 grams
 5. Fiber: 5 grams
 6. Protein: 30 grams
 7. SaturatedFat: 2 grams
 8. Sodium: 780 milligrams
 9. Sugar: 6 grams
-

Thank you for visiting our website. Hope you enjoy Indian-inspired Chicken Meal Prep Bowls above. You can see more 20 spicy hot india style cauliflower and peas recipe You must try them! to get more great cooking ideas.