

Authentic Chicken Curry

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 teaspoons seeds coriander
- 2 teaspoons cumin seeds
- 1 tablespoon ground turmeric
- kosher salt
- freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 tablespoon curry powder
- 2 tablespoons olive oil
- 1 yellow onion chopped
- 2 tablespoons unsalted butter
- 3 garlic cloves minced
- 1 tablespoon ginger finely chopped, or grated
- 1 teaspoon ribs fresh jalapenos, and seeds removed, finely chopped
- 2 bay leaves
- 2 star anise
- 1 pound boneless skinless chicken thighs cut into 1-inch bite-size pieces
- 2 medium tomatoes cored, seeded, and roughly chopped
- 1/2 cup unsweetened coconut milk
- 1 lemon
- 1/4 cup unsalted roasted cashews roughly chopped, for topping the dish
- 1 tablespoon fresh cilantro chopped, for topping the dish
- basmati rice Prepared, for serving, see recipe below

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 90 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams

6. Protein: 29 grams
 7. SaturatedFat: 13 grams
 8. Sodium: 350 milligrams
 9. Sugar: 4 grams
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