

# Tomato Chickpea Curry with Chicken

Yield: 6 min  
Total Time: 80 min

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

## Ingredients:

- 3 cups water
- 1 1/2 cups long-grain white rice
- fine sea salt
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- 2 onions medium, finely chopped
- 4 garlic cloves thinly sliced
- 2 tablespoons ginger root finely chopped
- 1 1/2 tablespoons Garam Masala
- 1/8 teaspoon cayenne pepper
- 56 ounces tomatoes whole, preferably San Marzano
- 30 ounces chickpeas rinsed and drained
- 3/4 cup coconut milk
- 1 1/2 teaspoons sugar
- 1 3/4 cups roasted chicken medium shreds of
- 1/2 cup plain yogurt
- 1/4 cup cilantro coarsely chopped
- 1 lemon cut into wedges

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 110 milligrams
4. Fat: 23 grams
5. Fiber: 12 grams
6. Protein: 23 grams
7. SaturatedFat: 11 grams

8. Sodium: 620 milligrams

9. Sugar: 12 grams

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