

Chicken Vindaloo

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vindaloo-curry-paste-recipe-indian>

Ingredients:

- 1 tablespoon whole black peppercorns
- 1 tablespoon black mustard seeds
- 2 teaspoons cumin seeds
- 2 teaspoons coriander seeds
- 1 teaspoon fenugreek seeds
- 5 whole cloves
- 1 stick cinnamon
- 1/4 cup Hungarian paprika
- 1/4 cup palm vinegar
- 1 teaspoon ground turmeric
- 1 teaspoon light brown sugar
- 16 cloves garlic minced
- 1 piece ginger peeled and minced
- 2 pounds boneless skinless chicken thighs cut in half
- 3 tablespoons canola oil
- 2 yellow onions large, finely chopped
- 10 chiles thin green Indian, stemmed, seeded, and minced
- 1 pound small new potatoes cut in half, cut in quarters if large
- cooked white rice for serving

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 135 milligrams
4. Fat: 22 grams
5. Fiber: 8 grams
6. Protein: 50 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 580 milligrams

9. Sugar: 4 grams

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