

Jamaican Curry Chicken

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-chicken-curry-recipe>

Ingredients:

- 2 1/2 pounds chicken
- 2 tablespoons curry powder
- 1 1/2 teaspoons salt Or salt to your liking
- 5 berries pimento
- 3 cloves garlic Crushed
- 1 medium onion Chopped
- 3 sprigs fresh thyme
- 2 medium carrots Chopped
- 1 small potato Diced
- 1 1/2 teaspoons freshly grated ginger
- 1 seeds Small scotch bonnet pepper, removed and findly chopped
- 3 tablespoons cooking oil
- boiling water
- 1 lime /lemon To wash the chicken
- 1 teaspoon vinegar To wash the chicken

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 185 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 59 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1130 milligrams
9. Sugar: 4 grams

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