

Japanese Curry from Scratch

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-steamed-chicken-recipe>

Ingredients:

- 1 3/16 pounds chicken thighs boneless skinless
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon oil
- 1 5/8 tablespoons garlic grated, ~2 large cloves
- 2 1/3 tablespoons ginger grated, ~1/2-inch piece
- 1 1/8 pounds onion sliced thin, 2 large onions
- 2 1/2 tablespoons curry powder Japanese brand such as S&B
- 3 cups chicken stock
- 2 3/4 cups carrots cut into chunks, ~ 2 carrots
- 1 apple small, peeled cored and grated
- 2 tablespoons sauce chunou
- 1 tablespoon tomato paste
- 1 teaspoon cocoa powder
- 1 teaspoon salt
- 1 bay leaf
- 3/4 pound potatoes cut into large chunks, ~2 medium potatoes
- 1/2 cup green peas
- 1 tablespoon butter
- 1 tablespoon flour

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 130 milligrams
4. Fat: 30 grams
5. Fiber: 10 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams

8. Sodium: 1690 milligrams
 9. Sugar: 20 grams
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