

Japanese Curry With Chicken

Yield: 3 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-curry-roux-recipe>

Ingredients:

- 1 1/2 pounds boneless skinless chicken thighs
- 1 carrots peeled and chopped into 1-inch pieces
- 1 onions medium, chopped into wedges
- 2 red potato or 1 russet potato, peeled and diced into 1-inch cubes
- 3/4 teaspoon ginger grated
- 1 clove garlic minced
- 2 1/4 cups water
- 1/2 fuji apples
- 1/2 tablespoon honey
- 1 teaspoon salt plus more
- 3 1/2 ounces curry sauce Japanese, blocks
- 1 tablespoon soy sauce
- 1/2 tablespoon ketchup
- ground black pepper
- 4 cups steamed rice cooked hot
- 3 soft cooked egg optional

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 355 milligrams
4. Fat: 17 grams
5. Fiber: 15 grams
6. Protein: 62 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1490 milligrams
9. Sugar: 12 grams

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