

# Chicken Karahi (Pakistani Chicken Curry)

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/karahi-recipe-pakistani>

## Ingredients:

- 1 tablespoon oil
- 1 inch fresh ginger peeled and minced
- 2 garlic cloves peeled and minced
- 1 pound chicken breast cut into bite sized pieces
- 3 tomatoes larg, diced, roughly 3 c
- 4 green chilies Serrano or Jalapeno, seeded and chopped
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon turmeric
- 2 tablespoons fresh cilantro chopped

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 115 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 42 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1180 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Chicken Karahi (Pakistani Chicken Curry) above. You can see more 18 karahi recipe pakistani They're simply irresistible! to get more great cooking

ideas.