

Quinoa Indian Chicken Curry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-india-recipe>

Ingredients:

- 1 cup quinoa uncooked, rinsed and drained
- 4 cups chicken broth divided
- 2 boneless skinless chicken breasts cut into 1 inch pieces
- 4 tablespoons olive oil divided
- 6 teaspoons curry powder divided
- 1 yellow onion medium, chopped
- 2 garlic cloves minced
- 1 cup frozen peas
- 1 head cauliflower chopped into 1 inch pieces
- 1/2 teaspoon ground cumin
- 1 teaspoon celery seed
- 1/2 teaspoon fennel seed
- 1/2 teaspoon tumeric
- 1/3 cup plain low fat yogurt
- 1/3 cup nonfat sour cream
- 1/2 cup cashews
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 65 milligrams
4. Fat: 35 grams
5. Fiber: 10 grams
6. Protein: 44 grams
7. SaturatedFat: 6 grams
8. Sodium: 620 milligrams

9. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Quinoa Indian Chicken Curry above. You can see more 16 quinoa india recipe Taste the magic today! to get more great cooking ideas.