

Curry Chicken And Rice (one Pot)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-india-curry-rice-and-chicken>

Ingredients:

- 1/3 kilogram chicken cut into desired sizes
- 1 tablespoon curry powder
- 2 cloves garlic finely chopped
- 1 tablespoon ginger grated
- 4 tablespoons vegetable oil
- 2 cups rice
- 2 cups water adjust according to brand of rice
- 1 tablespoon curry
- 1 bayleaf
- 3 carrots medium sized, chopped
- 10 green beans medium sized, chopped

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 60 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 115 milligrams
9. Sugar: 3 grams

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