

Chicken Coconut Korma

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/the-plan-indian-spice-recipe>

Ingredients:

- 3 chicken breasts sliced thin
- 1/2 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1/2 teaspoon cayenne
- 1 teaspoon vegetable oil
- 3 teaspoons minced garlic
- 1/2 teaspoon ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1/2 teaspoon cayenne
- 2 medium tomatoes lightly blended, or 1 can diced tomatoes
- 4 tablespoons plain greek yogurt
- 3/4 cup water
- 1 teaspoon salt
- 1 can coconut milk
- 1 teaspoon Garam Masala
- Indian spice

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 39 grams
7. SaturatedFat: 23 grams

8. Sodium: 1110 milligrams
 9. Sugar: 6 grams
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