

# Chicken and Yellow Rice One Pot Dish

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cook-chicken-with-vegetable-indian-recipe>

## Ingredients:

- 3 cups basmati rice
- 7 cups hot water I boiled water in a kettle
- 1 1/2 pounds chicken breast marinated, cut into large cubes, see marinate below
- 2 onions medium, finely chopped
- 4 stalks celery
- 1 green bell pepper large, finely chopped
- 2 jalapeno peppers finely chopped
- 15 curry leaves optional
- 2 pandan leaves optional
- 3 cardamom pods
- 3 cloves
- 1 piece cinnamon stick
- 1 stick margarine
- 3 tablespoons chicken Knorr, bullion powder
- 1 teaspoon turmeric powder
- 10 ounces veggie bag of frozen, mix, green beans, peas, carrots, corn-optional
- 1 teaspoon paprika
- 1 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1/2 tablespoon Garam Masala powder
- salt
- black pepper

## Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 129 grams
3. Cholesterol: 115 milligrams

4. Fat: 31 grams
  5. Fiber: 8 grams
  6. Protein: 51 grams
  7. SaturatedFat: 6 grams
  8. Sodium: 640 milligrams
  9. Sugar: 5 grams
  10. TransFat: 4 grams
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