

Quick Mild Chicken Curry

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-mild-chicken-curry-recipe>

Ingredients:

- 1 knob fresh ginger peeled and finely sliced
- 3 garlic cloves crushed
- 1 onion chopped
- 7/8 pound chicken breast or chicken thighs, cut into bite-size pieces, skin and fat removed, or use some leftover cooked chicken to re...
- 1 tablespoon mild curry powder
- 1 tablespoon tomato paste
- 1 1/2 cups chicken stock
- 1/3 cup yoghurt fat free coconut, or fat free plain yoghurt with coconut essence - room temperature
- 1 tablespoon corn starch 1.5 syns
- fresh coriander

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 140 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 580 milligrams
9. Sugar: 9 grams

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