

# Indian Stir Fry Chicken (Kadai Chicken)

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-capsicum-fry-recipe>

## Ingredients:

- 1 chicken pack Foster Farms Simply Raised, – Breast Tenders
- 1 capsicum Large, – diced
- 2 onion Large, – diced
- 1/2 cup plain yogurt
- 1 tablespoon cream
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 tablespoon tomato paste
- 4 tablespoons olive oil
- 1 teaspoon cilantro – optional – for decoration
- 1 teaspoon ginger Shredded
- 1 green chili chopped
- spices
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon turmeric powder
- red chili – as per taste
- salt – as per taste

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 255 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 78 grams
7. SaturatedFat: 7 grams

8. Sodium: 540 milligrams
  9. Sugar: 5 grams
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