

# Easy South Indian Chicken Curry

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-chicken-curry-recipe-kerala-style>

## Ingredients:

- 2 pounds chicken I used a mix of thighs, breasts, and drumsticks
- 2 tablespoons olive oil
- 1 red onion large, diced, approximately 1 cup
- 2 cloves garlic thinly sliced
- 1 inch cinnamon stick
- 4 black peppercorns
- 6 cloves
- 4 green cardamoms cracked with pods
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon red chili flakes or ground chili powder
- 1 teaspoon turmeric
- 1/4 cup grated coconut freshly
- 2 tablespoons tomato paste
- 1 teaspoon salt
- 400 milliliters light coconut milk
- 2 teaspoons cilantro leaves freshly chopped

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 120 milligrams
4. Fat: 33 grams
5. Fiber: 4 grams
6. Protein: 39 grams
7. SaturatedFat: 22 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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