

Healthy Indian Chicken Curry

A delicious and nutritious Indian chicken curry made with wholesome ingredients.



Main Dish

Indian

35 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 chicken breast
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 teaspoon ginger, grated
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1 cup canned diced tomatoes
- 1 cup low-fat coconut milk
- Salt and pepper to taste
- Fresh cilantro, for garnish

Steps

- 1 Heat olive oil in a large pan over medium heat.
- 2 Add the chopped onion, garlic, and ginger. Sauté until the onion turns golden brown.
- 3 Cut the chicken breast into bite-sized pieces and add them to the pan. Cook until the chicken is no longer pink.
- 4 Sprinkle turmeric, cumin, coriander, and garam masala over the chicken. Stir well to coat the chicken evenly.
- 5 Pour in the diced tomatoes and coconut milk. Season with salt and pepper to taste.
- 6 Reduce the heat to low, cover the pan, and let the curry simmer for about 15-20 minutes, or until the chicken is cooked through and tender.
- 7 Garnish with fresh cilantro before serving.
- 8 Serve the healthy Indian chicken curry with steamed basmati rice or whole wheat naan bread.