

Easy Chicken Curry without Coconut Milk or Cream | KETO | Spicy

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Recipe type: Non-Vegetarian

Prep time: 30 Mins Cook time: 30 Mins Total time: 1 Hour

Serves: 5 People

Visit my site, www.topsrilankanrecipe.com where you can find a detailed, step by step process of this recipe with images.

Ingredients

- Chicken - 1kg
- Tomato - 250g
- Onion - 150g
- Garlic paste - 1 tablespoon
- Ginger paste - ½ tablespoon
- Curry powder - 3 tablespoons
- Cardamom - 4
- Crushed cinnamon - ½ tablespoon
- Turmeric powder - 1 teaspoon
- Mustard seeds - ½ teaspoon
- Curry leaves - Few
- Salt - As you want (KETO people use the Himalayan Pink Salt)
- Cooking oil - As you need (KETO people use the Organic Coconut Oil)
- Water - 500ml

Instructions

1. Slice the tomatoes and chop the onions. Also, prepare the ginger and garlic paste. Additionally, get ready with curry leaves, water, curry powder, turmeric powder, mustard seeds, cardamom, cinnamon, and salt.
2. Cut the chicken into your desired size pieces and rinse them well. Add turmeric powder, salt, ginger paste, and garlic paste. Mix well and let them marinate for at least 30 minutes.
3. Heat the oil and add mustard seeds. Let them splutter. Then add the onions and curry leaves. Sauté till onions turn to translucent. For me, it takes about 2 minutes. Now, add the crushed cardamom and cinnamon. Stir and fry them till onions turn golden.
4. Add tomatoes and cook them under high flame for about 2 minutes. Stir occasionally to avoid burning.
5. Now add the marinated chicken pieces and give a good mix until all combined.
6. Cook covered under high flame for 5 minutes.
7. Take off the lid and give a good gentle stir. Again cook covered under the high flame until all the liquid evaporates. For me, it takes about 10 minutes.
8. Now take off the lid and cook uncovered under medium flame until the chicken pieces get bit fried. Stir occasionally to avoid burning. For me, it takes about 4 minutes. Then add the curry powder and water. Mix them well.
9. Cook covered under high flame for 3 to 4 minutes.
10. Take off the lid, give a gentle stir, and again cook covered under very low flame for about 5 minutes.
11. Taste the gravy and adjust salt if needed.
12. This is how to make an easy chicken curry without coconut milk or cream. Serve and enjoy this Sri Lankan style simple spicy chicken curry.

Notes

1. I recommend buying the chicken with some fat.
2. If you don't like more spiciness reduce the amount of curry powder according to your taste.
3. I instantly made ginger and garlic paste. If it is hard, use the bottled one.
4. If you need thick gravy reduce the amount of water.

Recipe by Top Sri Lankan Recipe at <https://www.topsrilankanrecipe.com/chicken-curry-without-coconut-milk-cream-keto-spicy/>