



## Chicken Korma recipe

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**PREP TIME:** 15 MINUTES

**COOK TIME:** 45 MINUTES **TOTAL TIME:** 1 HOUR

**YIELD:** 4-6 1X

### DESCRIPTION

A simplified Indian classic, this **Chicken Korma** recipe is easy and lively with so much flavor! Tender chicken cooked in a luscious yogurt sauce with fragrant Indian spices.

### INGREDIENTS

- 1 pound chicken breasts (or chicken thighs- \*see notes)
- 1 tablespoon [coconut oil](#) (or [avocado oil](#), or other neutral oil)
- 1 yellow onion, sliced (see notes)
- 1 tablespoon fresh ginger, chopped
- 6 cloves garlic, chopped
- 1 teaspoon whole cumin seeds
- 1/2 cup plain yogurt (full fat was used for this recipe)
- 1 tablespoon tomato paste
- 1/4 cup raw cashews (or blanched almonds or coconut cream or coconut milk)
- 1/2 cup chicken broth or vegetable broth
- 1 teaspoon salt, plus more for seasoning the chicken
- 1 tablespoon ghee or coconut oil
- 1 teaspoon Kashmiri [chili powder](#) or red [chili powder](#), paprika or 1/4 teaspoon cayenne pepper

1 teaspoon garam masala curry powder

1 1/2 teaspoons ground coriander

1 teaspoon ground cumin

1/2 teaspoon turmeric

1/2 teaspoon ground cardamom

1/4 teaspoon black pepper

1/4 teaspoon ground cinnamon

1–2 serrano chilies- see notes

serve with fresh spinach and fresh cilantro

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## INSTRUCTIONS

1. Cut chicken breast into 1-2" chunks, and season with salt and pepper. Set aside.
2. In a large heavy pan, saute onions in coconut oil for 15 minutes over medium-low heat until softened and starting to brown. Add cumin seeds, ginger, and garlic and saute another 15 minutes or until onions are caramelized, they will be golden brown and melty. Let cool for a few minutes.
3. Put onion mixture in a blender or food processor with yogurt, tomato paste, cashews (or almonds), broth, and salt. Blend until mostly smooth or leave some texture if you prefer that. The consistency will be thick. Set aside the korma sauce.
4. In a small bowl mix together Kashmiri chili powder, garam masala, coriander, cumin, turmeric, black pepper, cardamom and cinnamon. Add ghee and the spices to a pot or large pan. Stir over low heat for about a minute.
5. Turn up to medium heat and add the chicken stirring a minute to coat all the pieces with the spices, add the serrano chilies and the korma sauce.

Bring to a simmer for about 8- 10 minutes stirring frequently to keep the sauce from sticking to the pan. If you prefer a thinner sauce add more broth or water (adjust the spices accordingly, adding more salt or garam masala if needed). Once the chicken is cooked through remove from heat.

Garnish with fresh cilantro and serve over fresh spinach leaves with steamed basmati rice and naan.

## NOTES

**How to slice the onion:** Slice the ends of the onions. Stand onion on the cut side and slice in half. place the halved onion cut side down and slice into 1/8-1/4 inch slices, slicing **with the grain**.

**Using chicken thighs:** Thighs need to cook a little longer to get tender. You can either sear the thighs first for added flavor (we don't do this with the breasts to avoid overcooking) and then add in as stated in the instructions or just add in the same as the breasts without precooking. Cook them for an additional 5-10 minutes. They should register around 175- 180F.

**Adjusting the heat:** Serrano chilies- if you like spice chop these up, if you prefer more on the mild side, slit the chilies in half up to the stem so they are still connected- they will impart more of an essence rather than dispersing the spicy pepper throughout. You can then remove the chili or chop it and serve it on the side for those who like more spice.

**Leftovers and Storage:** Leftovers will keep in the fridge for up to 4 days and stored sealed in an airtight container. To reheat add a couple tablespoons of water or broth to the pan along with the chicken korma, cover with a lid, and let heat until warm, about 5 minutes.

**Prepping ahead:** Sauté the onions ahead of time, blend the sauce, and measure out the spices. When you're ready to cook, simply simmer the chicken while the rice is cooking. Dinner will be ready in just 20 minutes!

## NUTRITION

**Serving Size:** 1 1/2 cups   **Calories:** 306   **Sugar:** 4.3 g   **Sodium:** 517.5 mg

**Fat:** 14.6 g   **Saturated Fat:** 6.7 g   **Carbohydrates:** 11.3 g   **Fiber:** 1.9 g  
**Protein:** 31.5 g   **Cholesterol:** 95 mg

*Find it online: <https://www.feastingathome.com/chicken-korma/>*