

Indian Chicken Curry (Murgh Kari)

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Rated: ★★★★★

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Prep Time: 20 Minutes

Cook Time: 40 Minutes

Ready In: 1 Hour

Servings: 6

"Chicken breasts simmer in a curry sauce with yogurt, tomatoes, onion, garlic, and ginger in this spicy Indian dish."

INGREDIENTS:

2 pounds skinless, boneless chicken breast halves	1 teaspoon cayenne pepper
2 teaspoons salt	1 tablespoon water
1/2 cup cooking oil	1 (15 ounce) can crushed tomatoes
1 1/2 cups chopped onion	1 cup plain yogurt
1 tablespoon minced garlic	1 tablespoon chopped fresh cilantro
1 1/2 teaspoons minced fresh ginger root	1 teaspoon salt
1 tablespoon curry powder	1/2 cup water
1 teaspoon ground cumin	1 teaspoon garam masala
1 teaspoon ground turmeric	1 tablespoon chopped fresh cilantro
1 teaspoon ground coriander	1 tablespoon fresh lemon juice

DIRECTIONS:

1. Sprinkle the chicken breasts with 2 teaspoons salt.
2. Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned. Transfer the browned chicken breasts to a plate and set aside.
3. Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring. Mix the tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt into the mixture. Return the chicken breast to the skillet along with any juices on the plate. Pour 1/2 cup



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DIRECTIONS: *(continued)*

water into the mixture; bring to a boil, turning the chicken to coat with the sauce. Sprinkle the garam masala and 1 tablespoon cilantro over the chicken.

4. Cover the skillet and simmer until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Sprinkle with lemon juice to serve.

**Nutrition
Information**

Servings Per Recipe: 6
Calories: 427

Amount Per Serving

Total Fat: 24.3g**Cholesterol:** 95mg**Sodium:** 1370mg

Amount Per Serving

Total Carbs: 14.7g

Dietary Fiber: 2.9g

Protein: 38.1g