



Chicken korma



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion chopped
- ☐ 2 garlic cloves roughly chopped
- ☐ 1 piece thumb-sized ginger roughly chopped
- ☐ 4 tbsp korma paste
- ☐ 4 chicken breasts boneless skinless cut into bite-sized pieces
- ☐ 50 g ground almonds
- ☐ 4 tbsp sultanas
- ☐ 400 ml chicken stock see

- ☐ 0.3 tsp golden caster sugar
- ☐ 150 g pot fat greek yogurt 0%
- ☐ 1 small bunch coriander chopped

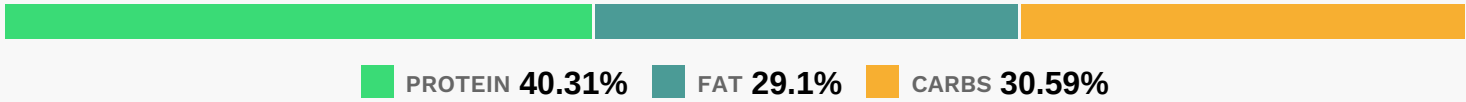
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Put 1 chopped onion, 2 roughly chopped garlic cloves and a roughly chopped thumb-sized piece of ginger in a food processor and whizz to a paste.
- ☐ Tip the paste into a large high-sided frying pan with 3 tbsp water and cook for 5 mins.
- ☐ Add 4 tbsp korma paste and cook for a further 2 mins until aromatic.
- ☐ Stir 4 skinless, boneless chicken breasts, cut into bite-sized pieces, into the sauce.
- ☐ Add 50g ground almonds, 4 tbsp sultanas, 400ml chicken stock and tsp golden caster sugar.
- ☐ Give everything a good mix, then cover and simmer for 10 mins or until the chicken is cooked through.
- ☐ Remove the pan from the heat, stir in a 150g pot Greek yogurt and some seasoning, then scatter over a small bunch of chopped coriander and more ground almonds, if using.
- ☐ Serve with brown or white basmati rice.

Nutrition Facts



Properties

Glycemic Index:55.42, Glycemic Load:9.25, Inflammation Score:-5, Nutrition Score:18.309565108755%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg,

Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 353.65kcal (17.68%), Fat: 11.62g (17.88%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 24.05g (8.75%), Sugar: 14.62g (16.25%), Cholesterol: 77.24mg (25.75%), Sodium: 928.1mg (40.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.43%), Vitamin B3: 13.87mg (69.36%), Selenium: 43.78µg (62.55%), Vitamin B6: 1.07mg (53.6%), Phosphorus: 371.8mg (37.18%), Vitamin B2: 0.39mg (22.69%), Potassium: 789.2mg (22.55%), Vitamin B5: 1.87mg (18.71%), Manganese: 0.29mg (14.29%), Magnesium: 55.39mg (13.85%), Fiber: 3.43g (13.73%), Copper: 0.24mg (12.06%), Vitamin K: 12.27µg (11.69%), Iron: 1.95mg (10.85%), Calcium: 105.03mg (10.5%), Zinc: 1.56mg (10.4%), Vitamin B1: 0.15mg (10.09%), Vitamin B12: 0.5µg (8.37%), Vitamin C: 5.17mg (6.27%), Folate: 22.6µg (5.65%), Vitamin A: 188.88IU (3.78%), Vitamin E: 0.33mg (2.2%)