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Photo By: Neonprincess

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## Bombay Chicken Curry

Recipe #134691 | 53 min | 8 min prep | add private note

★★★★★ (5)

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By: Sarah!

Aug 23, 2005

Found this in an old cookbook I borrowed from a friend Around the world in 180 ways. Simply delicious, great for those who aren't too keen on chilli powder, as you can add as much or as little as you like!

SERVES 3 -4 (change servings and units)

### Ingredients

- 450 g chicken, diced
- 2 onions, diced
- 2 garlic cloves, minced
- 2 teaspoons green chillies, chopped
- 1 teaspoon fresh ginger, grated
- 2 teaspoons ground coriander
- 1/2 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1-2 teaspoon chili powder
- 1 (400 g) can chopped tomatoes
- 1/2 cup coconut cream

### Directions

- 1 Heat a non-stick pan over a medium high heat and use a little oil, or cooking spray to brown chicken. Remove from pan.
- 2 In same pan cook onions until soft, add garlic, chillies, ginger and spices for 11 minute, or until fragrant.
- 3 Return chicken to pan and stir to coat well in mixture. Add tomatoes and simmer gently for 30 minutes, or until chicken is tender.
- 4 Stir in coconut cream until heated through.

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### Nutrition Facts

Serving Size 1 (413g)  
Recipe makes 3 servings

Calories	486
Calories from Fat	289 (59%)
Amount Per Serving	%DV
Total Fat	32.2g 49%
Saturated Fat	14.4g 71%
Monounsaturated Fat	10.1g
Polyunsaturated Fat	5.3g
Trans Fat	0.0g

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### Featured Reviews for This Recipe

From: Neonprincess

On Jul 20, 2006

★★★★★

This is a lovely dish. I added a handful of chopped green beans, just for added colour. I think next time I may 'up' the spices a bit, but that's just personal preference. 😊

1 person found this review helpful  
Was this review helpful to you? YES | NO

From: Aamna

On May 27, 2006

★★★★★

This was a great recipe. It didn't turn out spicy for me either... not that it matters, because I do love spicy food! It was just right. I loved it.. thanks for posting it.

1 person found this review helpful  
Was this review helpful to you? YES | NO



From: -Sylvie-

On Jan 15, 2006

★★★★★

Cholesterol 112mg	37%
Sodium 149mg	6%
Potassium 829mg	23%
Total Carbohydrate 19.5g	6%
Dietary Fiber 4.8g	19%
Sugars 9.9g	
Protein 31.6g	63%

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By: [justcallmetoni](#)

Thanks for posting this great recipe. I used two chicken breast filets, weighing about 300gr together, as there are only two of us, but I still used the same amounts for all other ingredients. I think the amount of sauce was just right and if I made it with the stated amount of chicken I think I'd double the sauce. I didn't have green chilis so I used one fresh red jalapeno pepper and just a little over 1tsp of chili powder and it was just right, nice and spicy without being too hot. The only other thing I changed was to add about 1 tsp of regular curry powder towards the end of cooking, for a bit of extra flavour. We served it with basmati rice and naan breads and I'll be making it again. :D

3 people found this review helpful  
Was this review helpful to you? YES | NO



From: [Jewelies](#)  
On Feb 16, 2007



This is excellent, we really enjoyed it. I didn't have fresh green chillies so used jar red chillies. Used about 1 1/2 teaspoons of chilli powder which was hot enough for us and we like hot curries. As the mix was simmering at step 3, I did keep a bit of an eye on it and probably added about a 1/2 cup of water so it wouldn't dry out to much. Also used the entire tin of coconut cream. Thanks for a winner Sarah!

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