



# Indian Stir Fried Chicken & Spring Onion

Serves 4

Prep time: **20 mins**

Cook time: **15 mins**

## Ingredients

- 50g brown onions, peeled
- 15g ginger, peeled
- 6 cloves garlic, peeled
- 3 green chillies
- 1 tbsp canola oil
- 1 tbsp coriander seeds, crushed
- 1 tsp cumin powder
- ¼ tsp turmeric powder
- 400g boneless chicken breast, skin removed, cut into 3 cm cubes
- 1 tsp garam masala powder
- 100g spring onions, cut into 1 cm lengths
- 2 tbsp fresh coriander, chopped
- Salt, to taste

This dish can be eaten with other grains, chapatti, or wholegrain bread.

## Methods

- Place onions, ginger, garlic, and green chillies in a food processor and process to a fine paste.
- Heat oil in a thick-bottomed non-stick pan, and sauté crushed coriander seeds for a few seconds.
- Add paste and sauté for 4 minutes. Add cumin and turmeric powder and stir some more.
- Add chicken cubes, and stir fry for 2-3 minutes.
- Cover pan and cook over small fire for 7-8 minutes, stirring occasionally.
- Add spring onions, garam masala powder, and fresh coriander.
- Add salt to taste, mix well. Serve hot.

## Nutrition Information (Per serving):

Energy: **181kcal**  
Protein: **25.1g**  
Total fat: **5.6g**  
Carbohydrates: **8.1g**  
Dietary fibre: **2.7g**

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