

Indian Chicken Stir-Fry

Prep time: 30 minutes. Makes 4 servings.

Ingredients:

- 1 tbsp grated ginger
- 1 tbsp grated garlic
- 1 serrano pepper, minced
- ½ tsp garam masala
- 1 tbsp + 1 Tbsp peanut oil
- 1 bell pepper (any color), chopped
- 1 small onion, chopped
- 1 lb. skinless, boneless chicken breasts or thighs, chopped
- 1 large tomato, chopped
- ½ tsp kosher salt
- A few cilantro sprigs



Directions:

1. In a small bowl, mix the ginger, garlic, serrano, garam masala, and 1 tbsp oil.
2. In a large nonstick pan, heat the remaining 1 tbsp oil over high heat until very hot but not smoking. Stir-fry the bell pepper and onion until charred in spots, 1–2 minutes. Remove from the pan.
3. Add the ginger mixture to the pan. Stir-fry until fragrant, about 30 seconds. Add the chicken, tomato, and salt.
4. Stir-fry until the chicken is cooked, 2–3 minutes. Return the vegetables to the pan and toss everything together.
5. Garnish with cilantro.

Nutrition Information:

Per serving (1 cup) – Calories: 210; Fat: 10g (Saturated fat: 2g); Carbohydrates: 5g; Fibre: 1g; Sugars: 2g; Protein: 26g; Sodium: 290mg



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