

The Healthy Cook

Indian Chicken Stir-Fry

 SERVES 4

This stir-fry recipe is inspired by Indian Kadai chicken. To really knock it out of the park, serve it with the chutney on the next page.

- 1 Tbs. grated ginger
- 1 Tbs. grated garlic
- 1 serrano pepper, minced
- ½ tsp. garam masala
- 1 Tbs. + 1 Tbs. 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



1. In a small bowl, mix together the ginger, garlic, serrano, garam masala, and 1 Tbs. oil.
2. In a large nonstick pan, heat the remaining 1 Tbs. 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. Stir-fry until the chicken is cooked, 2–3 minutes. Return the vegetables to the pan and toss everything together.
4. Garnish with the cilantro.

PER SERVING (1 cup, not including rice): calories 210 | total fat 10 g | sat fat 2 g | carbs 5 g
fiber 1 g | total sugar 2 g | added sugar 0 g | protein 26 g | sodium 290 mg

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Cilantro Chutney

- 1 cup fresh herbs (cilantro and/or mint)
- ½ serrano pepper, seeded
- 1 clove garlic
- ¼ cup extra-virgin olive oil
- 2 Tbs. fresh lemon juice
- ¼ tsp. kosher salt

1. In a food processor or blender, blend all of the ingredients together.

