

## Chicken curry and rice

Rice (long grain)  $\frac{3}{4}$  cup (for one serving) [334.64kcal]

### Chicken curry ingredients:

Chicken (thigh pieces, 1kg)  
2 Onions (1 red onion, 1 white onion)  
2 Tomatoes  
1 tsp Ginger/Garlic paste  
1 tbsp Chilli powder  
1 tsp Turmeric  
1 tbsp Coriander powder  
1 tsp Garam Masala (coriander seeds,  
cumin seeds, cardamom seeds,  
peppercorns, fennel seeds, mustard  
seeds, cloves, and red chilli peppers)  
 $\frac{3}{4}$  tsp Salt  
1 tsp Pepper



Estimated kcal for one serving of chicken curry: 247kcal

Total:  $334.64+247=581.64$ kcal in one meal