

Chicken Kofta Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DEE THOMAS

Servings: 10 Serving Size: 4 Ounces

Ingredients	Quantity	Measure
Hungry Planet Ground Chicken	2	Pounds
Onion, minced	3	Ounces
Garlic, minced	2	Ounces
Red pepper flakes	1	Tablespoon
Garam Masala	1	Tablespoon
Follow Your Heart Plain Dairy Free Yogurt	2	Ounces
Cornstarch	8	Ounces
Cilantro	1	Bunch
Salt	1	Teaspoon
Ground black pepper	1	Teaspoon
Canola oil	8	Ounces
Monsoon Kitchen Curry Sauce	4	Pounds

Preparation

1. Sauté onions and garlic until tender and fragrant. Mix into hungry planet ground chicken with red pepper flakes, garam masala, follow your heart dairy free yogurt, cornstarch, cilantro, salt & pepper.
2. Form mixture into 1" meatballs
3. Fry balls in canola oil until well browned.
4. Drain meatballs and combine with curry sauce simmering 10-15 minutes to incorporate all the flavors.

Nutrition Information *From USDA Nutrient Database

Calories: 465 Total Fat: 34g Saturated Fat: 11g Trans Fat: 0g Cholesterol: 0mg Sodium: 1726mg
Carbohydrate: 36g Fiber: 1g Sugar: 8g Protein 3.8g

