



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

10 SURPRISINGLY EASY (AND HEALTHY!) CHICKEN CURRY RECIPES



When you're dieting, you probably like to keep things simple.

Whether you're tracking macros or following a meal plan, you know how much easier it is to hit your numbers when you stick mainly to "clean" whole foods like chicken breast, rice, broccoli, and so on.

There's a price you have to pay for this convenience, though: it can get pretty boring. And simple dishes like these curry recipes are the perfect antidote.

Traditionally, a curry is a combination of spices, herbs, and chilis mixed with vegetables and meat, but as most are made with large amounts of butter, oil, and coconut milk, they're simply too high calorie for cutting.

If you replace those high-fat ingredients with "lighter" alternatives, though, you can get something just as delicious with a fraction of the calories.

Enjoy!

01. Coconut Curry Chicken

Serves 6

This chicken curry pairs tomato and creamy coconut together to deliver a rich combo of both sweet and spicy to tease your tastebuds toward that next delicious mouthful. It's a dish that doesn't skimp on sauce so when you serve over fluffy rice it will be coated through and through.

Nutrition Facts (Serving) 459 CALORIES | 21.8 g PROTEIN | 47.7 g CARBS | 20.3 g FAT

INGREDIENTS

- | | |
|---|-------------------------------|
| ✓ 2 lbs. boneless, skinless chicken breasts, cut into 1/2 inch chunks | ✓ 1/2 onion, thinly sliced |
| ✓ Salt and pepper, to taste | ✓ 2 cloves garlic, crushed |
| ✓ 1 1/2 Tbsp. vegetable oil | ✓ 1 14 oz. can coconut milk |
| ✓ 2 Tbsp. curry powder | ✓ 1 14.5 oz. can diced tomato |
| | ✓ 1 8 oz. can tomato sauce |
| | ✓ 3 Tbsp. sugar |

02. 5 Ingredient Chicken Tikka Masala

Serves 6-8

Yes you read that right – this creamy, luscious, medium-spicy, must-have-it Chicken Tikka Masala, is a meal based on just 5 ingredients. You can purchase a store-bought masala paste but the true magic of this dish happens when you make a homemade paste – you'll get a more fragrant, punchy, deep flavored curry that you'll thoroughly adore.

Nutrition Facts (Serving) 356 CALORIES | 38 g PROTEIN | 9 g CARBS | 20 g FAT

INGREDIENTS

The curry:

- | | |
|--|-------------------------------------|
| ✓ 2 lbs. boneless, skinless chicken breasts | ✓ 1/2 cup plain yogurt |
| ✓ 1/4 cup masala paste (store bought or homemade, see below) | ✓ 1 1/2 cups tomato puree |
| | ✓ 1 14 oz. can regular coconut milk |
| | ✓ Rice and cilantro, for serving |

Homemade masala paste:

- | | |
|--------------------------------|----------------------------------|
| ✓ 2 onions | ✓ 1.5 tsp. ground cloves |
| ✓ 5 cloves garlic | ✓ 2 tsp. salt |
| ✓ 2-inch piece of fresh ginger | ✓ 1/2 tsp. cayenne pepper |
| ✓ 3 Tbsp. garam masala | ✓ A small pile of cilantro stems |
| ✓ 1 Tbsp. chili powder | ✓ A fistful of almonds |
| ✓ 1 Tbsp. turmeric | ✓ Juice of one lemon |
| ✓ 1 Tbsp. cumin | |

03. Crockpot Indian Butter Chicken Curry

Serves 4

Some people wouldn't consider butter chicken a curry, but it is. It's just a very mild version suited to those who can't stand the hotter spice that often accompanies curries. This Indian Butter Chicken can be made in a slow cooker or on the stove top. You can adapt the level of spice and smokiness for a slightly different result each time you make it – and you will make it again because it's scrumptious.

Nutrition Facts (Serving) 397 CALORIES | 66 g PROTEIN | 10 g CARBS | 8 g FAT

INGREDIENTS

- | | |
|---|--|
| ✓ 2.5 to 3 lbs. boneless skinless chicken breasts or thighs, cut into 2 inch pieces | ✓ 3-4 drops liquid smoke |
| ✓ 1 onion, diced | ✓ Salt, to taste |
| ✓ 3 cloves garlic, chopped | ✓ 1/2 cup low-fat plain yogurt, optional |
| ✓ 2 tsp. curry | ✓ 1 head cauliflower, cut into florets for cauliflower "rice" (optional) or serve over |
| ✓ 2 tsp. garam masala | ✓ Or, jasmine, white or brown rice, to serve |
| ✓ 1 tsp. cumin | ✓ Cilantro, chopped for garnish, optional |
| ✓ 1/2 tsp. cayenne powder | ✓ Lime, optional |
| ✓ 1/2 tsp. ground ginger | |
| ✓ 1 14 oz. can light coconut milk | |
| ✓ 1 6 oz. can tomato paste | |

04. Jamaican Chicken Curry

Serves 4

Hot, hot, hot – definitely a dish to hit the spot for those who love strong, assertive flavors. A nice dollop of Greek yogurt always does the trick to add a cool sensation to a spicy dish. And of course, if you don't like it so fiery, simply ease off on the curry powder. For another dimension of sweetness and flavor, try adding some pieces of pineapple.

Nutrition Facts (Serving) 360 CALORIES | 28 g PROTEIN | 20 g CARBS | 17.4 g FAT

INGREDIENTS

- | | |
|--|---|
| ✓ 2 Tbsp. canola oil | ✓ 6 Tbsp. curry powder |
| ✓ 2 sprigs thyme | ✓ 1 1/2 tsp. kosher salt |
| ✓ 1 lb. boneless, skinless chicken breast, sliced bite size | ✓ 2 tsp. garlic powder |
| ✓ 1 potato, sliced bite size | ✓ 1 cup low sodium chicken stock |
| ✓ 1 medium onion, sliced bite size | ✓ 1 1/2 tsp. ground black pepper |
| ✓ 1 green bell pepper, sliced bite size | ✓ 2 1/2 Tbsp. white vinegar |
| ✓ 1 jalapeno pepper, finely chopped | ✓ Dash good balsamic vinegar, optional |

05. Crock Pot Thai Chicken Curry

Serves 4

Using a slow cooker is the lazy man's (or woman's) way to a tasty meal. Fast 10 minute prep and your slow cooker does the rest of the work for you. This meal is not one to disappoint. It's jam packed with flavor, and produces moist, tender chicken that makes this meal crazy delicious.

Nutrition Facts (Serving) 362 CALORIES | 29 g PROTEIN | 37 g CARBS | 8 g FAT

INGREDIENTS

- ✓ 1 14 oz. can coconut milk,
plus 1 can of water
- ✓ 2-4 Tbsp. Thai red curry
paste
- ✓ 1 Tbsp. soy sauce
- ✓ 1 Tbsp. palm or coconut
sugar (or sub maple syrup or
brown sugar)
- ✓ 1 Tbsp. minced ginger
- ✓ 2 tsp. fish sauce
- ✓ 3 garlic cloves, minced
- ✓ 1 lb. boneless, skinless
chicken thighs, cut into 2-3
pieces
- ✓ 1 large kabocha, cut into 1
inch cubes (or 1 small
butternut squash)
- ✓ 1 medium yellow onion,
chopped
- ✓ 1-2 chili peppers, if you like
extra heat
- ✓ 1 large bunch of kale, torn
into small pieces, roughly 2
packed cups
- ✓ Optional: cilantro, chili
peppers, and lime to serve

06. Coconut Curry Chicken Meatballs

Serves 4

You'll love this dish that delivers a new twist on chicken curry that you've probably never tried. Based on an exquisite red curry sauce, the ground chicken is also infused with the fragrant herbs and spices of Asia and the Middle East. And in around 30 minutes you'll be chowing down on these oh-so-tasty meatballs.

Nutrition Facts (Serving) 280 CALORIES | 16 g PROTEIN | 6 g CARBS | 23 g FAT

INGREDIENTS

Meatballs:

- | | |
|---|-------------------------------------|
| ✓ 1/2 cup roughly chopped carrots | ✓ 1 tsp. ground ginger |
| ✓ 1/4 red onion, chopped | ✓ 1 clove garlic |
| ✓ 2 Tbsp. freeze dried cilantro | ✓ 1/2 tsp. ground cumin |
| ✓ Juice of 1 lime | ✓ 1/4 tsp. red chili flakes |
| ✓ 2 Tbsp. basil | ✓ 1/4 tsp. each sea salt and pepper |
| ✓ 1 Tbsp. coconut aminos (or soy sauce) | ✓ 1 lb. ground chicken |

Sauce:

- | | |
|---------------------------|------------------------|
| ✓ 1 can coconut milk | ✓ 2 Tbsp. lime juice |
| ✓ 1 Tbsp. red curry paste | ✓ 1 tsp. minced garlic |
| ✓ 1 Tbsp. almond butter | |

07. Authentic Thai Chicken Curry

Serves 4

If you love Thai food and have been wondering how to make a true, Thai-inspired dish at home, this authentic recipe will get you there. The recipe comes direct from a renowned chef in Phuket, Thailand and provides a few secrets to achieving those rich, sweet yet spicy Thai flavors you adore. It also works perfectly subbing out chicken for fish.

Nutrition Facts (Serving) 647 CALORIES | 52 g PROTEIN | 16 g CARBS | 42 g FAT

INGREDIENTS

- | | |
|---|---|
| ✓ 1.5 lbs. chicken tenders or chicken breast, cut into cubes | ✓ 1 14 oz. can coconut milk |
| ✓ 2 red peppers, sliced | ✓ 2 Tbsp. fish sauce |
| ✓ 1 Tbsp. olive oil | ✓ 1 Tbsp. palm sugar, or coconut sugar |
| ✓ 2 Tbsp. red curry paste | ✓ 5-6 kaffir lime leaves, julienne |

08. Pukka Yellow Chicken Curry

Serves 4

For a phenomenal taste and a budget-friendly meal you could serve to the crowd, this Chicken Yellow Curry delivers. With the sweetness of yellow peppers and savory overtones of chickpeas, it really hits the spot. It also lends itself well to the addition of different vegetables and spices. Try adding shallot and a cinnamon stick for an aromatic kick.

Nutrition Facts (Serving) 572 CALORIES | 34 g PROTEIN | 75 g CARBS | 8 g FAT

INGREDIENTS

- | | |
|----------------------|--------------------------|
| ✓ 2 onions | ✓ 2 inch piece of ginger |
| ✓ 4 cloves of garlic | ✓ 2 yellow peppers |

- ✓ 1 organic chicken stock cube
- ✓ 1-2 fresh red chillies
- ✓ 1/2 a bunch of fresh coriander
- ✓ 1 tsp. runny honey
- ✓ 1 tsp. ground turmeric
- ✓ 2 tsp. curry powder
- ✓ 8 free-range chicken drumsticks
- ✓ Olive oil
- ✓ 1 14 oz. can chickpeas
- ✓ 1 tsp. tomato purée
- ✓ 1 mug of basmati rice, about 5 oz.
- ✓ 1 lemon
- ✓ Fat-free natural yogurt, optional

09. Indian Chicken Karahi Curry

Serves 6-8

This unique and authentic dish combines the ethnic backgrounds of both India and Pakistan in a curry called Karahi. Though it may sound new, it's a basic Indian curry found in most restaurants. Made with a tomato and yogurt base and a collection of aromatic herbs and spices, you'll love that this chicken curry is super easy to create.

Nutrition Facts (Serving) 204 CALORIES | 15 g PROTEIN | 7 g CARBS | 13 g FAT

INGREDIENTS

- ✓ 1.1 lbs. boneless chicken breasts
- ✓ 2.2 lbs. chopped fresh tomatoes
- ✓ 1 medium red onion, finely chopped
- ✓ 1 tsp. minced garlic
- ✓ 1 tsp. minced ginger
- ✓ 1 1/2 tsp. red chili powder
- ✓ 1 tsp. garam masala
- ✓ 1 tsp. white cumin powder
- ✓ 1/2 tsp. turmeric powder

✓ 4 Tbsp. vegetable oil

✓ 1/2 cup water

✓ Salt to taste

✓ 1 Tbsp. chopped coriander

✓ 2-3 green chilis, optional

✓ Dash of lemon juice

10. Instant Pot Chicken Curry

Serves 6

Anyone who loves Indian curries will love this easy-to-make meal. It can be made with bone-in or boneless chicken and utilizes a wide array of Indian herbs and spices – cumin, cinnamon, ginger, paprika – the types of spices that add pleasant tones and a heavenly aroma that makes any meal incredibly appealing.

Nutrition Facts (Serving) 321 CALORIES | 19 g PROTEIN | 14 g CARBS | 22 g FAT

INGREDIENTS

✓ 3 Tbsp. butter or ghee

✓ 1 large bay leaf

✓ 2 inch piece of cinnamon

✓ 1/2 tsp. cumin seeds

✓ 2 cups onions, chopped fine

✓ 1 Tbsp. minced garlic

✓ 1 Tbsp. minced ginger

✓ 2 Tbsp. tomato paste

✓ 1 1/2 Tbsp. coriander powder

✓ 3/4 tsp. turmeric powder

✓ 3/4 tsp. ground black pepper

✓ 3/4 tsp. Indian chili powder or cayenne

✓ 1 1/2 tsp. salt

✓ 3 lbs. chicken thighs or drumsticks, bone-in

✓ 2 cups potato, cut into 1 1/2 inch cubes

✓ 1/2 cup water or chicken broth

✓ 1 1/2 tsp. garam masala

✓ 2 Tbsp. cashew paste

✓ 1/4 cup chopped cilantro

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