

CHICKEN VINDALOO

PREP TIME: 15 MINUTES COOK TIME: 15 MINUTES TOTAL TIME: 30 MINUTES

SERVINGS: 4 CALORIES: 199KCAL AUTHOR: URVASHI PITRE

Calories: 199kcal | Carbohydrates: 7g | Protein: 23g | Fat: 8g | Fiber: 1g



INGREDIENTS

- 1 cup onions, chopped
- 5 cloves Garlic
- 2-3 slices Minced Ginger
- 1 tablespoon Oil
- 1/4 cup White Vinegar
- 1 cup diced tomatoes
- 1 teaspoon Kosher Salt
- 1 teaspoon Garam Masala
- 1 teaspoon Smoked Paprika
- 1/2 - 2 teaspoon Cayenne Pepper (adjust to desired spice level)
- 1/2 teaspoon Ground Coriander
- 1/2 teaspoon Ground Cumin
- 1 pound Boneless Skinless Chicken Thighs
- 1/4 cup Water
- 1/2 teaspoon Turmeric

INSTRUCTIONS

1. In a large microwavable bowl, heat the onions, garlic, ginger and oil for 5 -7 minutes until the vegetables are browned on the edges.
2. Pour veggies into a blender and combine with all other ingredients **except turmeric, water and chicken**. Blend into a smooth paste.
3. Place chicken in a bowl, and coat with the spice and vegetable mixture. Stir well to coat the chicken. Wash out the blender bowl with the 1/4 cup water and pour that over the chicken as well. Mix.
4. Add turmeric now (adding it earlier could stain your blender bowl) and marinate for 30 mins to 8 hours.
5. Pour the chicken and marinade into your Instant Pot.
6. Cook on High Pressure for 5 minutes, and allow the pressure to release naturally for 10 minutes. Release remaining pressure.
7. Depending on your chicken and how much water it releases, you may need to remove the chicken pieces and evaporate some of the water by using the Sauté function to cook the sauce down.

Use this as your base recipe!

- Make a Pork Vindaloo cooking in the Instant Pot for 15 minutes, and 10 minute NPR. Cut pork shoulder into 2 inch cubes.
- Lamb Vindaloo can be made in the Instant Pot cooking for 10 minutes, and 10 minute NPR. Cut lamb of leg into 2 inch cubes.

****ADD TURMERIC LAST AS IT MAY STAIN YOUR BLENDER WHEN YOU MAKE THE SAUCE.****

Chicken Vindaloo <https://twosleever.com/chicken-vindaloo/>

Raita