



Chicken Korma is a classic dish from the Indian subcontinent. This dish is a crowd favorite, and for good reason. While there are many variations of Korma based on region, the one thing they all have in common is that they are delicious! The style of Whole30 Chicken Korma we are making today has a mild creamy gravy that is savory but slightly sweet to balance. If you fear Indian food because of the spice level, this dish is definitely for you!

Korma is beautifully aromatic but with little to no heat. If you have never made Indian food at home before, this is a wonderful starter recipe. The flavors are beautifully complex, but my simplified version of this traditional dish is easy to follow! To speed things up when I am ready to cook, I like to prep my chicken the night before or in the morning, as it needs at least two hours to marinate.

—[Riyana Rupani, of Healthy-ish and Happy](#)

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Whole30 Chicken Korma by Riyana Rupani

Prep Time: 15 mins

Marinate: 2 hrs to overnight

Cook Time: 20 mins

Serves: 4

Ingredients:

Chicken marinade

2 ¼ lbs/1 kg chicken breast or thigh, cut into 2-inch pieces

2 tsp avocado oil

1 tsp garam masala

1 tsp curry powder

¼ tsp salt

Black pepper to taste

Korma gravy

1 medium onion, peeled & halved

3 cloves garlic, peeled & roughly chopped

1-inch piece ginger, peeled & roughly chopped

1 green chili, chopped (optional)

¼ cup raw cashews or 2 tbsp cashew butter

½ cup water

1 tbsp coconut oil

2 tsp curry powder

½ tsp cinnamon

⅛ tsp ground cardamom

1 tsp ground turmeric

1 tsp garam masala

½ tsp coriander
½ tsp salt (or to taste)
½ tsp ground black pepper
1 (14-oz/400 g) can of coconut milk
chopped fresh coriander/cilantro, for garnish

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Instructions:

ADD your chicken and marinade ingredients to a bowl or zip-top bag. Mix well to combine, cover, and leave to marinate for at least 2 hours or overnight in the fridge.

HEAT a cast iron or grill pan over medium-high heat and cook the chicken for 5-6 minutes per side or until an internal temperature of at least 165°F. Remove the chicken to a plate or bowl, cover, and allow to rest while you make the Korma gravy.

PUT the onion, garlic, ginger, chili, and cashews (or cashew butter) in a blender with ½ cup of water. Blend until smooth.

HEAT the coconut oil in a large pot or deep pan. Once hot, pour the blended sauce base mixture into the pot.

ADD all your spices, from the curry powder to the salt & pepper. Mix and allow the gravy to cook for 2 to 3 minutes, until fragrant.

STIR in the coconut milk, then bring to a simmer

ADD the chicken back and allow to simmer on low heat for 10 minutes. If your gravy is too thick, you may need to add a bit of water to loosen it up.

GARNISH with fresh chopped coriander and serve.

ENJOY!

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