

# Chicken Korma with Vegetables (Gluten-Free)

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[Gluten-Free Indian and Middle Eastern Recipes](#)

Celiac.com 05/06/2014 - I love Indian food, but it's one of those things I almost never make at home, partly due to lack of confidence. Still good Indian food can be expensive, so when I found this recipe for chicken korma with vegetables, I was eager to give it a try.

This recipe for chicken vegetable korma came together fairly quickly and produced a tasty meal that went well with aromatic rice.

## Ingredients:

- 1½ tablespoons vegetable oil
- 1 medium onion, sliced and loosely chopped
- 1 teaspoon minced fresh ginger
- 4 cloves garlic, minced
- 2 potatoes, ½-inch sticks
- 4 carrots, ½-inch sticks
- 1 fresh jalapeño pepper, seeded and sliced
- 3 tablespoons halved unsalted cashews
- 1 can tomato sauce (4 ounces)
- 2 teaspoons salt
- 1½ tablespoons curry powder
- 1 cup frozen green peas
- ½ green bell pepper, seeded, chopped
- ½ red bell pepper, seeded, chopped
- 1 cup heavy cream
- 1 bunch fresh cilantro for garnish

## Directions:

- Heat the oil in a skillet over medium heat.
- Stir in the onion, and cook until tender.
- Mix in ginger and garlic, and continue cooking 1 minute.
- Mix potatoes, carrots, jalapeño, cashews, and tomato sauce.
- Season with salt and curry powder.
- Cook and stir 10 minutes, or until potatoes are tender.
- Stir peas, green bell pepper, red bell pepper, and cream into the skillet.
- Reduce heat to low, cover, and simmer 10 minutes.
- Garnish with cilantro to serve with aromatic Indian style rice.

