

Keto Chicken Garam Masala

(Adapted from [Diet Doctor](#))

Garam masala

- 1 tsp ground cumin
- 1 tsp coriander seed, ground
- 1 tsp ground cardamom (green)
- 1 tsp turmeric, ground
- 1 tsp ground ginger
- 1 tsp paprika powder
- 1 tsp chili powder
- 1 pinch ground nutmeg

Chicken

- 1 lb chicken breasts
- 3 tbsp butter or coconut oil
- salt
- ½ (2 oz.) red bell pepper, finely diced
- 1¼ cups unsweetened coconut cream or heavy whipping cream
- 1 tbsp fresh parsley, finely chopped

Preheat the oven to 350°F (175°C).

Mix the spices for garam masala.

Cut the chicken breasts lengthwise. Place a large skillet over medium-high heat and fry the chicken in butter or oil until golden brown.

Add half the garam masala mix to the pan and stir thoroughly.

Season with salt, and place the chicken, including the juices, in a baking dish. Add the finely diced bell pepper to a small bowl along with the coconut cream and remaining garam masala mix.

Pour over the chicken. Bake in oven for about 20 minutes.

Garnish with parsley and serve.

Tips

Not in the mood for chicken? Use lamb or pork instead.

You can buy ready-made garam masala in the grocery store. If using store bought, measure out 2 ½ tablespoons. Just make sure that the spice mix has no added sugar, starches or other unnecessary additives.