

One-Pan Creamy Chicken Curry: A Fast and Flavorful Weeknight Dinner

Epic Creamy Chicken Pepper Curry with Rice



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30 min

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INGREDIENTS

Chicken: 500g chicken breast, cut into thin strips for quick cooking.

Aromatics: 1 large onion (thinly sliced) and 3 cloves of garlic (minced).

The Peppers: 1 red bell pepper and 1 green bell pepper, sliced into strips.

The Spice Blend: 1 tbsp curry powder, 1 tsp chili flakes (adjust for heat), 1 tsp ground black pepper, and salt to taste.

Cooking Fat: 2 tbsp oil or butter.

The Creamy Base: 200ml heavy cream (or full-fat coconut milk).

For Serving: 2 cups of hot, fluffy cooked white rice.

DIRECTIONS

- 1. SautØ the Base:** Heat your oil or butter in a large skillet over medium heat. Add the onions and garlic. SautØ them for about 3-5 minutes until the onions become translucent and the garlic is fragrant.
- 2. Brown the : Chicken:** Add the chicken strips to the skillet. Increase the heat slightly and cook until the chicken is lightly browned on all sides. You don't need to cook it all the way through yet, as it will simmer in the sauce later.
- 3. Seasoning:** Stir in the curry powder, black pepper, chili flakes, and salt. Toasting the spices with the meat for 60 seconds helps release the essential oils and deepens the flavor profile.
- 4. Add the : Peppers:** Toss in the sliced red and green bell peppers. Cook for 3-5 minutes. You want them to soften slightly but maintain their vibrant color and a bit of crunch.
- 5. Simmer and : Thicken:** Pour in the heavy cream (or coconut milk). Reduce the heat to low-medium. Let the mixture simmer gently for 5-7 minutes. The sauce will reduce and thicken into a glossy, creamy consistency.
- 6. Serve:** Ladle the curry generously over a bed of steamed white rice.

SWAPS & NOTES

The Protein: You can easily swap the chicken breast for chicken thighs if you prefer juicier meat.

For a vegetarian version, chickpeas or firm tofu work beautifully.

The Veggies: If you don't have bell peppers, zucchini or snap peas are excellent substitutes.

Dairy-Free: As mentioned, coconut milk is the perfect 1:1 swap for heavy cream.

TIPS FOR SUCCESS

Don't Overcook the Peppers: Adding the peppers toward the end ensures they don't turn into mush.

The contrast between the creamy sauce and the crisp peppers is key.

Prep Before You Cook: Since this recipe moves fast, have your chicken and peppers sliced and ready to go before you turn on the stove.

Deglaze the Pan: If bits of chicken stick to the bottom of the pan, the cream will help lift them up-those "brown bits" (fond) are packed with concentrated flavor!

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Original recipe: <https://chefmaniac.com/one-pan-creamy-chicken-curry-a-fast-and-flavorful-weeknight-dinner/>