



## Ingredients

900 g chicken (cut into big chunks)  
2 & 1/2 cups basmati rice  
3 medium sized onion, sliced  
2 medium sized tomatoes, chopped  
6 large green chillies, ground into paste  
1 cup coriander leaves, chopped  
1/2 cup mint leaves, chopped  
5-6 (1" piece) cinnamon sticks  
7-6 cloves  
3 green cardamom  
2 black cardamoms  
1 cup curd  
1 tbsp fresh cream  
1-2 tbsp ghee/oil  
1 tsp red chilli powder  
1 tsp garam masala powder  
2/3 cup milk  
A few strands of saffron  
2 tbsp garlic paste  
1 & 1/2 tbsp ginger paste  
1 tbsp lime juice  
Salt to taste

## Nutrients

Approx. calories per serving: 318 kcal

## Procedure

Whisk the curd along with the fresh cream. Mix the saffron in 2-3 tbsp of milk. Wash and drain the chicken pieces well. Preheat a 24 cm Tall unit on medium heat until the Thermo Indicator reaches the green mark. Reduce heat and place chicken pieces inside the unit. Roast the chicken until golden brown following instructions in the "Roasting" section. Add ginger, garlic and chilli paste and fry for a few minutes, then add the tomatoes.

Now cover and cook for a few minutes. Meanwhile, preheat a 20 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Add 1 tbsp of ghee along with half the quantity of whole spices and sliced onions. Fry until golden brown. Add these fried onions into the simmering chicken along with the whipped curds, chilli powder and chopped coriander and mint leaves. Add salt to taste along with lime juice and stir once or twice.

Cover and cook until chicken is cooked. To cook rice, pour 4 cups of water into a 24cm Tall unit or any suitable unit along with washed rice, salt to taste, 1 tsp of ghee and the rest of the whole spices. Cook the rice only until it is 3/4th cooked. Cool the rice a little by spreading it on a flat dish and moisten it with the plain milk. Once the chicken is cooked adjust all the seasonings, (do not dry up the chicken completely leave a little gravy behind).

Layer the rice on top of the chicken. Sprinkle a pinch of garam masala powder on it. Then pour the saffron milk on top of the rice and dot it with a little ghee. Cover and place it on low heat until the Thermo Indicator reaches the 80 degree mark. Remove from heat and keep it covered for 5 minutes. Serve hot with raita of your choice.