



Ingredients

1/2 kg chicken, cut into small pieces
2 large onions, chopped
2 tomatoes, chopped
8-10 curry leaves
2-3 dry red chillies
1/2 tsp turmeric powder
1 tbsp chilli powder
Coriander leaves for garnishing

For the masala mix

1 piece cinnamon
4 cloves
3 green cardamom
2 tbsp coriander seeds
1 & 1/2 tbsp cumin seeds
1/2 tsp fennel seeds (saunf)
3 tbsp dry coconut
2 dry chillies
1 (1" piece) ginger, sliced
1 (1" piece) garlic, sliced

Nutrients

Approx. calories per serving: 275 kcal

Procedure

Preheat 24 cm Regular unit until the Thermo Indicator reaches the green mark. Add the washed and drained chicken. Roast the chicken well until it turns golden brown on all sides and the fat is released. Remove the roasted chicken pieces from the unit. In the same unit add onions, curry leaves and dry red chillies. Fry for 2-3 minutes in the fat, add tomatoes and mix it well.

Add turmeric powder, chilli powder and chicken pieces and mix well. Cover and cook until the Thermo Indicator reaches 100 degree mark or until the chicken is well cooked. In the mean time, grind all the ingredients listed under "Masala Mix" without adding any water. Add the masala once the chicken is cooked until its dry and oil comes out.

Mix well and keep stirring the chicken until the raw masala smell goes away. Garnish the chicken with chopped coriander leaves. Serve hot.