



Ingredients

1/2 kg chicken,
cut into medium sized pieces
1 medium sized onion, sliced
2 tsp garlic paste
1 tsp ginger paste
1/4 tsp tumeric powder
1/2 tsp chilli powder
2 green chillies, slit
2 tomatoes grated or 2-3 tbsp
ready-made tomato puree
1 tsp garam masala powder
Salt to taste

For garnishing

2-3 tbsp chopped coriander leaves
2-3 tbsp chopped mint leaves

Nutrients

Approx. calories per serving: 198 kcal

Procedure

Preheat a 24 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Then remove the lid and add the chicken pieces. Roast them well on both sides following the Instructions in the "Everyday Cooking" section. Add the onions and the other ingredients, except the tomato puree and garam masala powder, along with salt to taste.

Cover and cook on low heat until the Thermo Indicator reaches the 100 degree mark or until the chicken is done. Now add the tomato puree/grated tomatoes and increase to medium heat. Stir once or twice and let it fry for a few minutes to dry the excess moisture. Add the garam masala powder, adjust the seasoning and remove from the stove.

Garnish with coriander and mint leaves. Serve hot with a roti/chapati of your choice.