



Ingredients

1/2 kg chicken
1 small stick cinnamon
1 cardamom
2 cloves
2 onions, finely chopped
1 red chilli, chopped
2 green chillies, chopped
1 tbsp ginger-garlic paste
2 tomatoes, chopped
2 potatoes, diced
Coconut milk: 1st and 2nd extract from 1 coconut
Salt to taste
1/4 tsp pepper powder
Juice of 1 lemon
Small bunch of coriander, chopped
1 tsp coconut oil
A few curry leaves

Nutrients

Approx. calories per serving: 250 kcal

Procedure

Preheat a 24 cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Reduce heat and add the chicken pieces in the unit. Roast the chicken pieces following the instructions in the "Everyday Cooking" section, until the chicken pieces turn golden brown in colour and fat is released. Remove the chicken pieces from the unit and keep aside.

In the same unit, add the whole spices followed by chopped onions, red chilli, green chilli and ginger-garlic paste. Fry until soft and golden. Add the chicken pieces along with the diced potatoes to the masala mix and fry for 2-3 minutes. Add 2nd extract of coconut milk and season it with pepper powder and salt to taste.

Cover and cook on low heat for 10-12 minutes or until the Thermo Indicator reaches the 100 degree mark and the chicken and potatoes are cooked. Remove the lid and simmer the chicken for 4-5 minutes on low heat. Finally add the 1st extract of coconut milk, chopped coriander leaves and lemon juice. Season it with curry leaves splattered in coconut oil. Serve hot along with appam or rice.