

Bhuna Chicken Masala - Seared Chicken Curry

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-bhuna-recipe-indian>

Ingredients:

- 2 onions medium
- 4 medium tomatoes
- 6 tablespoons oil
- 5 cloves garlic minced
- 1 tablespoon ginger minced
- 1 3/4 pounds chicken bone in
- 1/2 teaspoon turmeric haldi
- 3 1/2 teaspoons coriander dhania powder
- 2 1/2 teaspoons cumin zeera powder
- 1 1/2 teaspoons salt or to taste
- 1 5/16 teaspoons chilli powder
- 1 teaspoon paprika
- 1/2 teaspoon pepper
- coriander fresh for garnish, optional
- red chilli fresh or dried for garnish, optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 130 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 43 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1050 milligrams
9. Sugar: 6 grams

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