

Bihari Style Chicken Curry | Bihari Chicken Masala

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/bihari-kabab-recipe-pakistani>

Ingredients:

- 500 grams chicken with bone cleaned, washed and drained
- 5 tablespoons mustard oil
- 2 bay leaves
- 4 onions thinly sliced, medium size
- 1/2 teaspoon turmeric powder
- 1 whole garlic knob or more washed
- salt as required
- 1 chopped onion roughly, medium size
- 10 garlic cloves peeled
- 1 1/2 inches ginger peeled and chopped
- 1 tomato roughly chopped, small size
- 1 green chili
- 1 teaspoon cumin seeds
- 1 teaspoon red chili powder
- 1 tablespoon coriander powder
- 6 whole peppercorns / black pepper
- 1 teaspoon salt
- 3 green cardamoms
- 2 cloves
- 1 cinnamon stick approx 2 inches

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 80 milligrams
4. Fat: 4.5 grams
5. Fiber: 5 grams

6. Protein: 30 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 900 milligrams
9. Sugar: 7 grams

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