

Chicken Boti Kabab

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound boneless chicken breasts or thighs cut into 1.5? pieces, 453 gms
- 3/4 cup Greek yogurt or hung curd
- 1/4 cup mayonnaise
- 1 tablespoon ginger garlic paste
- 1/4 cup mustard oil Extra Virgin
- 1/2 tablespoon paprika powder
- 1/2 tablespoon cumin powder
- 1 teaspoon garam masala powder
- 1/2 teaspoon nutmeg powder
- 1/4 teaspoon cinnamon powder
- 1 tablespoon beet root powder
- 2 tablespoons canola oil or mustard oil for roasting
- 2 tablespoons lemon juice
- salt to taste
- 1 teaspoon ghee or clarified butter

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams

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