

South Indian Spicy Chicken Fry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 1/4 pounds chicken skinned, cut into medium sized pieces
- 2 tablespoons garlic paste ginger
- 3 teaspoons chilli powder
- 1/2 teaspoon turmeric
- salt as required
- 2 tablespoons vegetable oil
- 2 onions large, sliced lengthwise
- 3 curry leaves
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon crushed black pepper
- 3 green chilies slit lengthwise
- 2 tablespoons coriander finely chopped

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 145 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 46 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 360 milligrams
9. Sugar: 4 grams

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