

Pakistani Chicken Karahi

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/kali-mirch-chicken-karahi-recipe-pakistani>

Ingredients:

- 1/2 kilogram chicken –, cut into pieces
- 1/4 cup oil
- 1/4 teaspoon black pepper
- salt – to taste.
- 1 teaspoon coriander seed –, sabut dhanya
- 1 teaspoon cumin seeds –, sabut zeera
- 5 chillies nos red button, –, gol lal mirch
- 1 1/2 inches kashmiri red chilli piece
- 1/2 teaspoon fenugreek leaves dry, –, kasuri meethi
- 1/2 tablespoon chopped garlic
- 1/4 teaspoon garam masala powder,
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon black pepper powder
- 1/2 teaspoon red chilli –, skip red chilli if you like less spicy food
- 1/2 tablespoon chilli paste green
- 100 grams onion 1 small, – very finely chopped
- 1 cup tomato puree
- salt – to taste
- 1 tablespoon butter –, optional
- 1 1/2 pieces ginger –, thickly grated
- 2 chillies medium
- 1 lemon – sliced in wedges

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 90 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams

6. Protein: 27 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 760 milligrams
 9. Sugar: 4 grams
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