Indian Restaurant Dopiaza Curry

Yield: 4 min
Total Time: 30 min

Recipe from: https://www.recipeschoose.com/recipes/chicken-dopiaza-traditional-indian-recipe

Ingredients:

- 2 teaspoons spice mix Indian restaurant, or curry powder - recipe link below
- 1/2 teaspoon chili powder kashmiri, or 1/8 tsp cayenne mixed with 3/8 tsp paprika
- 1 teaspoon dried fenugreek leaves kasoor methi -
- 1/2 teaspoon kosher salt
- 1 pinch coarse black pepper
- 3 tablespoons oil
- 1/2 onion coarsely chopped
- 1/2 onion finely diced
- 1 tablespoon garlic /ginger paste - recipe link below
- 1 green chili seeded and minced
- 1 green chili coarsely chopped, optional
- 1 1/2 tablespoons tomato paste with enough water to dilute to the consistency of pasatta
- 1 tablespoon cilantro stems finely chopped
- 15 ounces base curry, recipe link below
- 1/2 teaspoon sugar
- 12 ounces pre cooked chicken or lamb

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 9 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 600 milligrams
8. Sugar: 5 grams

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