

Chicken Kofta Curry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 750 grams minced chicken
- 1 1/2 tablespoons cumin seeds
- 1 1/2 tablespoons coriander seeds
- 2 tablespoons poppy seeds
- 1 black cardamom
- 1 piece canela
- 2 teaspoons salt or to taste
- 1 teaspoon chilli powder or to taste
- 1/2 cup flour gram, chickpea
- 3 tablespoons water
- 1 1/2 medium onion
- 12 cloves garlic
- 1/4 cup oil
- 1/2 cup yogurt full fat
- 3 teaspoons chilli powder Kashmiri red
- 2 teaspoons salt or to taste
- 2 teaspoons coriander powder
- 2 teaspoons cumin powder
- 1/4 teaspoon turmeric
- 1 black cardamom
- 1 piece canela
- poppy seeds for garnising

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 165 milligrams
4. Fat: 34 grams
5. Fiber: 5 grams

6. Protein: 37 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 2510 milligrams
 9. Sugar: 3 grams
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