

Chicken Masala Curry

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 kilogram chicken cut into small pieces, learn how to remove raw smell from chicken
- 3 tablespoons oil
- 2 green chili slit into half
- 2 onion medium sized, finely sliced
- 2 tablespoons garlic paste ginger
- 3 medium tomatoes finely chopped
- 1 bay leaf
- 2 cloves
- 2 inches cinnamon sticks
- 2 cardamom
- 1/2 teaspoon shahi jeera
- 2 teaspoons red chili powder
- 2 teaspoons coriander powder
- salt to taste
- 2 tablespoons coriander leaves finely chopped, /cilantro
- 2 tablespoons mint leaves finely chopped

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 165 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 53 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams

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