

Murgh Saagwala

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 1/4 pounds chicken on Bone (cut in medium sized pieces)
- 1 cup yoghurt whisked well
- 1 cup onion paste
- 1/2 tablespoon garlic paste
- 1/2 tablespoon ginger paste
- 1 teaspoon chili paste green (or finely chopped)
- 1 teaspoon black pepper powder
- 1 teaspoon salt
- water as needed
- 1/8 teaspoon baking soda
- 300 grams fresh spinach leaves
- 1 teaspoon cumin seed
- 4 green cardamom
- 4 clove
- 10 black peppercorns
- 2 bay leaves
- 1 1/2 inches cinnamon stick
- 1 1/2 teaspoons red chili powder
- 3/4 teaspoon powdered turmeric
- 2 teaspoons coriander powder
- 1 teaspoon garam masala powder
- 2 tablespoons tomato purée
- 1/4 teaspoon nutmeg grated
- 1 1/2 teaspoons lemon juice
- 3 tablespoons vegetable oil
- 2 tablespoons ghee or Butter (Optional)

Nutrition:

1. Calories: 500 calories

2. Carbohydrate: 14 grams
3. Cholesterol: 170 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 55 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 960 milligrams
9. Sugar: 5 grams

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