

Kasha Murgir Mangsho - Chicken curry with thick gravy

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 1/8 pounds chicken cut into small pieces
- 4 potato medium size
- 1/2 onion large, for paste
- 1/2 onion large, chopped
- 1 medium tomato Large or 2, chopped
- 2 green chili
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 2 teaspoons red chili powder Kashmiri
- 2 teaspoons turmeric powder
- 2 bay leaves
- 2 teaspoons Garam Masala
- 1 teaspoon jeera / Cumin powder
- salt as per taste
- 1 teaspoon sugar optional if you have no issue with sugar
- 7 tablespoons mustard oil you can use vegetable oil also if you do not like the pungent smell of mustard oil
- 1 teaspoon ghee optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 80 milligrams
4. Fat: 5 grams
5. Fiber: 7 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams

8. Sodium: 350 milligrams

9. Sugar: 7 grams

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