

Indian Spiced Tray Baked Chicken and Veggies

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-eggplant-garlic-potato-tomato-indian-jaffrey>

Ingredients:

- 8 bone-in, skin-on chicken thighs and drumsticks
- 4 potatoes
- 2 tablespoons vegetable oil
- 2 tablespoons mustard seeds
- 20 curry leaves
- 1 teaspoon turmeric powder
- 2 inches ginger
- 8 cloves garlic minced
- 1 eggplant
- 2 bell peppers
- 1 onion
- 2 green chilli
- 4 tomatoes
- salt
- pepper
- coriander leaves Fresh, to garnish, optional

Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 390 milligrams
4. Fat: 78 grams
5. Fiber: 13 grams
6. Protein: 89 grams
7. SaturatedFat: 19 grams
8. Sodium: 580 milligrams

9. Sugar: 12 grams

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