

Hara Masala Murgh

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/hara-masala-chicken-pakistani-recipe-food-fusion>

Ingredients:

- 1 whole chicken cut into 8 pieces
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 1 1/2 cups plain yogurt
- 1/4 cup ground almonds
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 6 chile peppers green, mashed into a paste
- 1 cup cilantro leaves chopped fresh
- 1/4 cup chopped fresh mint
- 1 cup shredded coconut
- salt to taste
- 1 cup water
- 1/4 cup heavy cream optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 100 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 9 grams
8. Sodium: 670 milligrams
9. Sugar: 6 grams

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