

Indian Chicken Roast Curry(pan Roasted).

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 700 grams chicken pieces
- 2 teaspoons black pepper powder
- 1 teaspoon red chilies powder
- salt to season
- 1/2 teaspoon turmeric powder
- 3 tablespoons tamarind juice if using tamarind paste 1 and 1/2 tsp
- 2 onions large, sliced fine
- 1/4 cup oil
- 3 green chillies
- 4 garlic cloves
- 1 onion medium-sized, cut into wedges
- 2 inches ginger piece
- 2 tablespoons oil
- 2 small tomatoes chopped
- 1 sprig curry leaves substitute with 2 bay leaves
- 2 inches canela piece
- 4 cardamom bruised
- 1 tablespoon tamarind juice
- 1 teaspoon pepper
- salt to season
- 4 tablespoons oil
- 1 tablespoon sugar

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 130 milligrams

4. Fat: 62 grams
 5. Fiber: 5 grams
 6. Protein: 36 grams
 7. SaturatedFat: 10 grams
 8. Sodium: 520 milligrams
 9. Sugar: 12 grams
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