

Chicken Biryani with Cilantro Yogurt Sauce

Yield: 9 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chickpea-dhal-recipe>

Ingredients:

- 1/2 cup ghee
- 3 whole cloves
- 2 cinnamon sticks
- 4 cardamom pods smashed
- 1 large onion extra, 1 lb diced
- 1 cup yogurt don't use low or no-fat
- 1 cup cilantro
- 1 cup fresh mint
- 2 inches ginger piece of, sliced
- 2 large garlic cloves
- 1 tablespoon turmeric
- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 1 teaspoon chili powder
- 2 1/2 teaspoons kosher salt
- 3 green chilis to 4 sliced, split lengthwise
- 1 pound diced tomatoes 3 medium tomatoes
- 1/4 cup oil
- 2 pounds meat
- chickpeas
- 3 cups basmati rice washed
- 3 cups chicken stock or water
- 1/4 cup raisins
- 1/2 cup cashews
- fresh cilantro for garnish, optional
- 1 cup yogurt
- 1/4 cup flaked coconut or fresh grated coconut
- 4 green chilis
- 1 bunch cilantro
- 1 inch ginger
- 1/2 teaspoon salt

- 1 1/2 teaspoons oil
- 1 1/2 teaspoons dal black gram
- 1 teaspoon mustard seed brown
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon chili flakes
- 1/4 teaspoon asafoetida powder
- 3 curry leaves

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 85 milligrams
4. Fat: 50 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 13 grams
8. Sodium: 1020 milligrams
9. Sugar: 11 grams

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