

Cornish Hen Curry

Yield: 2 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/cornish-hen-recipe-indian-style>

Ingredients:

- 1 cornish hen cleaned and skin removed
- 1 tablespoon lemon juice
- salt 3. a sprinkle of
- 1 tablespoon red chili powder /paprika or cayenne
- 2 tablespoons yogurt
- 1 1/2 cups onion packed thinly sliced, pref. red onion
- 4 tablespoons oil
- 2 green cardamom
- 2 inches cinnamon stick
- 1 clove 0. 1
- 1/4 teaspoon methi /fenugreek seeds or 1/2 teaspoon methi-koot/broken methi seeds, optional; If you do not have it, do not bother jus...
- 2 green chilli peppers
- 1 tablespoon fresh ginger
- 1 tablespoon chili garlic paste
- 1 tomato 4. 1 large vine ripe, about a cup – 8oz measured, grated
- 1 tablespoon coriander powder dry grind coriander seeds in a spice/coffee grinder or with a mortar and pestle
- 1 teaspoon turmeric powder
- 2 small potatoes optional, peeled and quartered
- salt to taste
- 1 teaspoon garam masala
- fresh cilantro for garnish, optional
- lime juice 21. freshly squeezed

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 170 milligrams

4. Fat: 53 grams
5. Fiber: 11 grams
6. Protein: 36 grams
7. SaturatedFat: 9 grams
8. Sodium: 950 milligrams
9. Sugar: 13 grams

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