

Indian Pepper Chicken Masala

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 cup chopped onion roughly
- 2 tablespoons ginger root roughly chopped
- 6 cloves garlic peeled
- 2 teaspoons ground coriander
- 1/2 teaspoon turmeric
- 1 tablespoon whole black peppercorns
- 2 pounds boneless skinless chicken breasts cut into bite-sized pieces
- 2 tablespoons ghee or vegetable oil, divided
- 1 cinnamon stick
- 5 whole cloves
- 1 tablespoon black peppercorns either whole or crushed
- 2 Roma tomatoes pureed in a blender or food processor
- salt to taste
- basmati rice optional
- cilantro leaves optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 145 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 470 milligrams
9. Sugar: 3 grams

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