

# Bhopali Seekh Kabab

Yield: 2 min  
Total Time: 3 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-food-chicken-seekh-kabab-recipe>

## Ingredients:

- 1 pound ground chicken
- 3 tablespoons paneer
- 2 tablespoons cilantro
- coriander
- 3 green chiles or 1 tbsp. chopped Green Chilies
- 1 teaspoon chili powder adjust to taste
- 3/4 teaspoon Garam Masala
- 1 1/4 teaspoons salt adjust to taste
- 1/2 cup onion Fried, to be ground to a paste, I used store bought fried onion
- 1 tablespoon poppy seeds ground to paste using little water or can be ground to a powder
- 1/2 teaspoon cardamom powder
- 2 tablespoons oil + more fry grilling the kababs

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 205 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 43 grams
7. SaturatedFat: 8 grams
8. Sodium: 1670 milligrams
9. Sugar: 6 grams

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