

Indian-ish roast chicken

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 3 pounds chicken – a bigger chicken is nice here. Up to 4 lbs.
- 1 tablespoon vegetable oil any neutral oil you want
- 3 teaspoons tandoori masala
- 1/2 teaspoon chicken
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon chicken
- 1 teaspoon fenugreek seed
- 1 cup diced tomatoes
- 1 large tomato
- 1 cup onion about 1 medium onion, finely diced
- 400 milliliters coconut milk 1 400ml can
- 1 1/2 tablespoons garlic ginger paste
- 1 pound small new potatoes potatoes
- 140 grams baby spinach a little over four ounces. Roughly chopped.
- 1/2 teaspoon kosher salt

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 220 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 75 grams
7. SaturatedFat: 25 grams
8. Sodium: 620 milligrams
9. Sugar: 9 grams

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