

Chicken Chitarnee, an Indian Jewish Curry

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 1/4 pounds chicken portions, a mix of thighs, breasts and drumsticks
- 2 tablespoons olive oil
- 6 large onions halved, then sliced
- 2 teaspoons sugar
- 6 cloves garlic finely chopped
- 2 inches ginger finely chopped
- 2 green chillies mild fresh, left whole, go for hot, if you fancy a spicy curry
- 1 tablespoon turmeric powder
- 2 tablespoons ground coriander
- 2 teaspoons cumin
- 1 teaspoon chilli flakes
- 10 cardamom pods
- 5 3/8 cups chopped tomatoes 2 x, 400g/14 oz cans
- 1 tablespoon tomato purée
- 5 tablespoons fresh lemon juice
- 2 tablespoons white wine vinegar or clear
- 1 teaspoon salt
- freshly ground black pepper unchecked?
- 1 handful coriander leaves fresh, cilantro chopped

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 165 milligrams
4. Fat: 16 grams
5. Fiber: 12 grams
6. Protein: 57 grams

7. SaturatedFat: 3.5 grams
 8. Sodium: 820 milligrams
 9. Sugar: 17 grams
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