

# Palak Chicken Curry (saagwala) – Indian Hotel Style

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 teaspoon coriander powder
- 1 teaspoon chili powder kashmiri
- 1/2 teaspoon cumin powder
- 1 teaspoon methi kasoor, – dried fenugreek leaves
- 1/2 teaspoon turmeric
- 1/4 teaspoon Garam Masala – garam masala is potent stuff. A little goes a long way.
- 1/2 teaspoon kosher salt
- 4 tablespoons neutral oil
- 1 gram vegetable oil
- 1 tablespoon garlic ginger paste – recipe link below
- 2 green chilies –, jwala chilies seeded and finely chopped
- spice mix from above
- 1 cup gravy
- juices
- 3 tablespoons cilantro leaves and stems – finely diced
- 4 boneless, skinless chicken thighs cut into 4 pieces each
- 4 ounces frozen spinach – the shredded stuff. Thawed and drained. See note below.
- 1/4 cup chicken stock
- curry
- 1/8 lemon juiced

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams

6. Protein: 22 grams
  7. SaturatedFat: 2.5 grams
  8. Sodium: 1150 milligrams
  9. Sugar: 8 grams
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