

Curry Leaves South Indian Chicken

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mustard-leaves-recipe-south-indian>

Ingredients:

- 1 1/8 pounds chicken washed and cut into medium sized pieces
- 3 tablespoons curds
- 1 teaspoon chilli powder adjust to suit your spice level
- 1/4 teaspoon turmeric
- salt to taste
- 4 tablespoons oil
- 2 onions finely chopped
- 1 tomato large, finely chopped
- 1 teaspoon garlic paste ginger-
- 1 teaspoon coriander powder
- 3/4 teaspoon black pepper powder, adjust to suit your spice level
- 1/4 teaspoon cumin powder
- coriander leaves for garnish, optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

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