

# North Indian Chicken Curry

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 7 cloves
- 1 cinnamon stick
- 7 cardamom pods
- 1 onion large, finely diced
- 3 tablespoons fresh ginger finely diced or grated
- 9 cloves garlic crushed
- 1 teaspoon turmeric
- 1 teaspoon chilli powder
- 1 1/2 teaspoons coriander powder
- 4 tomatoes pureed, or a 400g tin of tomatoes
- 2 pounds chicken ideally on the bone
- 1 green pepper sliced, optional
- 1 teaspoon Garam Masala

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 145 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 49 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 190 milligrams
9. Sugar: 6 grams

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