

Our House Pakistani Chicken Curry.

Yield: 4 min
Total Time: 11 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-chicken-boti-curry-recipe>

Ingredients:

- 1 teaspoon ginger paste 2 inch piece ginger, crushed
- 1 teaspoon garlic paste 5 garlic cloves, crushed
- 1 teaspoon salt
- 1 teaspoon chilli flakes Crushed Red
- 2 teaspoons ground coriander
- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 cup vegetable oil + more, if needed
- 3 onions medium, peeled and diced
- 2 tomatoes blended with a little water until smooth
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon salt
- 1 teaspoon chilli flakes Crushed Red
- 2 teaspoons ground coriander
- 1 teaspoon curry powder
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 1 tablespoon tomato puree
- 1 chicken skinless and on the bone Whole, cut into pieces
- 1 bunch fresh coriander chopped
- 1/2 teaspoon Garam Masala

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 17 grams

3. Cholesterol: 245 milligrams
 4. Fat: 27 grams
 5. Fiber: 6 grams
 6. Protein: 80 grams
 7. SaturatedFat: 5 grams
 8. Sodium: 1550 milligrams
 9. Sugar: 7 grams
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