

# Indian Restaurant Bhuna Curry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 teaspoons spice mix indian restaurant, or curry powder - recipe link below
- 1 teaspoon chili powder
- 3/4 teaspoon paprika
- 1 teaspoon paprika
- 1 teaspoon methi kasoor
- 1/2 teaspoon kosher salt
- 3 tablespoons oil
- 1/2 onion coarsely chopped
- 2 green chilies seeded and diced, or thinly sliced if you want a bit of extra heat from the ribs
- 1 tablespoon cilantro stems minced
- 1 tablespoon garlic /ginger paste - recipe link below
- 2 tablespoons tomato paste with enough water to dilute to the consistency of pasatta
- 15 ounces base curry, recipe link below
- 12 ounces pre cooked chicken or lamb
- 1 tablespoon sauce tamarind, I use Maggi brand
- 4 cherry tomatoes cut in half

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 630 milligrams
8. Sugar: 5 grams

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