

Indian Style Chicken Briyani

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 cups basmati rice I use Royal Basmati Rice
- 2 tablespoons ghee or 3 tbsp Butter
- 2 bay leaf Biryani ilai
- 1 sprig curry leaves
- 1 cinnamon stick Pattai
- 2 green cardamom Elachi/Elakkai, you can substitute with 1/4 tsp cardamom powder
- 2 cloves
- 2 teaspoons ginger minced or grated
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon garam masala or Curry masala powder
- 1 pinch saffron threads say 5-7 filaments, Kungumapoo
- 4 cups water
- 1 teaspoon salt adjust to taste
- 450 grams chicken About 1 lb, I had chicken pieces with bone
- 1 onion big, about 1½ cup when chopped
- 7 garlic cloves Vellapoondupallu
- 1/2 tomato one big, when blend gave about 1/2 cup sauce
- 1 tablespoon fresh ginger minced or grated
- 2 bay leaf Biryani ilai
- 1 cinnamon stick Pattai
- 1 teaspoon black peppercorns freshly ground/crushed
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 2 teaspoons red chili powder
- 1/2 teaspoon garam masala or Curry masala powder
- 1/2 teaspoon cumin powder
- 1 teaspoon salt adjust to taste
- 2 tablespoons oil I used Canola oil

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 2 grams
8. Sodium: 1300 milligrams
9. Sugar: 2 grams

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