

Chicken Pulao

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-of-chinese-pulao>

Ingredients:

- 750 grams chicken Curry Cut
- 1 cup yogurt
- 2 tablespoons ginger garlic paste
- 3 teaspoons chilli powder Kashmiri Red
- 2 teaspoons turmeric powder
- 1 teaspoon garam masala powder
- 1 teaspoon salt
- 2 tablespoons mint Chopped
- 2 tablespoons coriander Chopped
- 3 tablespoons ghee
- 4 cloves
- 2 inches cinnamon stick
- 2 black cardamom
- 1 cup onion Sliced
- 1 teaspoon ginger paste
- 4 green chilli Slit into half
- 1 cup tomato Chopped
- 2 tablespoons lemon juice
- 2 cups basmati rice
- salt to taste

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 130 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 48 grams
7. SaturatedFat: 3 grams

8. Sodium: 980 milligrams
 9. Sugar: 8 grams
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