

Chicken and Peas Pulao With Sweet-Spicy Cucumber Raita

Yield: 4 min

Total Time: 105 min

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

Ingredients:

- 750 grams chicken cut into medium sized pieces, I used chicken drumsticks
- 350 grams basmati rice washed and soaked for 25 minutes
- 100 grams green peas fresh or frozen
- 3 onions thinly sliced
- 1 tomato chopped
- 1 1/2 tablespoons garlic paste
- 3 green chillies chopped
- 4 tablespoons yogurt
- 1 1/2 teaspoons chilli powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 1 1/2 tablespoons masala Pulao, I used MDH pulao masala
- 1/4 cup raisins
- 1/4 cup cashew nut and almonds
- 1/2 teaspoon sugar
- salt as per taste
- 3 tablespoons ghee / Oil
- 400 milliliters hot water
- 3 bay leaves
- 1 1/2 inches cinnamon stick
- 5 green cardamom
- 5 cloves
- 12 peppercorns
- 1 1/2 cups yogurt I used natural yogurt, you can also use greek yogurt
- 3/4 cup cucumber thinly sliced
- 2 tablespoons cumin seeds
- 6 red chillies dried
- 1 teaspoon sugar
- salt as per taste

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 108 grams
3. Cholesterol: 135 milligrams
4. Fat: 24 grams
5. Fiber: 8 grams
6. Protein: 54 grams
7. SaturatedFat: 5 grams
8. Sodium: 600 milligrams
9. Sugar: 19 grams

Thank you for visiting our website. Hope you enjoy Chicken and Peas Pulao With Sweet-Spicy Cucumber Raita above. You can see more 18 south indian style chicken pulao recipe Get ready to indulge! to get more great cooking ideas.