

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	8	Piece	Chicken Boneless	cut in pieces
1		Tablespoon	Cooking Oil	For frying puree
2		Large	Onions	grated and puree
4		Flakes/Seeds/Cloves	Garlic	to be pureed
1/2		Teaspoon	Ginger	to be pureed
2		Large	Tomatoes	finely cut
1/2		Teacup	Curds	blend in
		Little	Salt	to taste
1		Teaspoon	Jeera Powder	blend in
2		Tablespoon	Chilly Powder, Red	blend in
1		Teaspoon	Coriander Powder	blend in
		Little	Parsley	for garnishing
2		Medium	Capsicums - Green	for garnishing

Method

Puree onions, garlic and ginger together. In a large skillet add 1 spoon oil and brown the pureed onion paste. Stir for 8 to 10 minutes on medium fire. Now add the chicken and cover it with tomatoes, yogurt, salt, and the spices. Cover the skillet and let it simmer for 15 minutes. Stir the chicken for all the spices to blend in. Cover and let it simmer on low fire for further 10 minutes. Now serve hot and garnish with parsley (fresh). Serve with white rice and garden salad. Serves 6 to 8. From India.