DietCloud – Recipe

Recipe Name: Beetroot Chicken Cutlets Recipe

Diet Type: Non-Vegetarian

Course: Appetizer

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Boneless chicken	4
• 1 Potato (Aloo) - boiled	
• 1 Beetroot - boiled	
• Coriander (Dhania) Leaves - a handful	
• Curry leaves - a handful	
• 2 Green Chillies - finely chopped	
• 1-1/2 teaspoon Ginger Garlic Paste	
• 1-1/2 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	
• 1 teaspoon Whole Black Peppercorns - pounded	
• Sunflower Oil - to shallow fry	
• 1 cup Whole Wheat Bread crumbs	

Preparation

• To begin making Beetroot Chicken Cutlets Recipe, heat 3-4 cups water in a deep-bottomed saucepan, add salt and pepper and bring to boil.

• Add the chicken and cook it for about 20 minutes or till the chicken is cooked.

• Meanwhile, in a mixing bowl mash the potato until no lumps are present and grate the cooked beetroot into it.

• Once cooled, shred the chicken.

• Adjust the salt and mix until you get a smooth but firm dough like consistency.

• Make round cutlets by making medium sized balls, and press them between your palms, and coat it with bread crumbs.

• Arrange on parchment paper until all the cutlets are made.

• Take care to place the cutlets sparsely on the pan and not to overcrowd the pan, to help them shallow fry evenly.
• You can shallow fry them in batches.
• Flip to the other side when the bottom of cutlets is nicely crisp and browning.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)