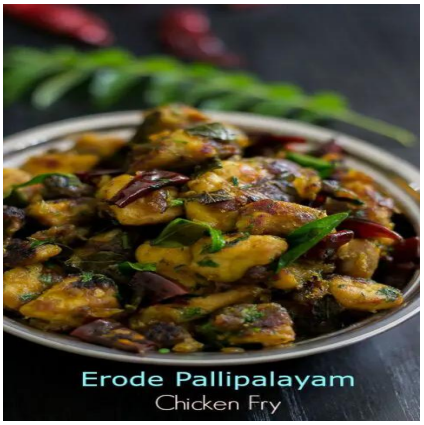
DietCloud – Recipe

Recipe Name: Erode Pallipalayam Chicken Fry Recipe
Diet Type: Non-Vegetarian
Course: Side Dish
Cuisine: Tamil Nadu
Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Chicken breasts - cut into small pieces	4
• 1 cup Pearl onions (Sambar Onions) - peeled	
• 4 cloves Garlic	
• 4 Dry Red Chilli	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 sprig Curry leaves	
• 2 sprig Coriander (Dhania) Leaves - chopped	
• Salt - to taste	
• Coconut Oil - for cooking	

Preparation

• Heat a skillet with oil on medium flame, add dry red chillies and allow it to sizzle for a few seconds, next add the curry leaves and allow it to crackle.
• Add ground onion-garlic mixture and saute till the raw smell goes away.
• This will take about 10-12 minute.
• Once the onion mixture appears cooked add all the spice powders - red chili powder and turmeric powder.
• Continue tot cook for another 5 minutes.

• Keep sauting till the chicken is roasted well.
• Cook for about 20 making sure the chicken is cooked.

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Macronutrients

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