

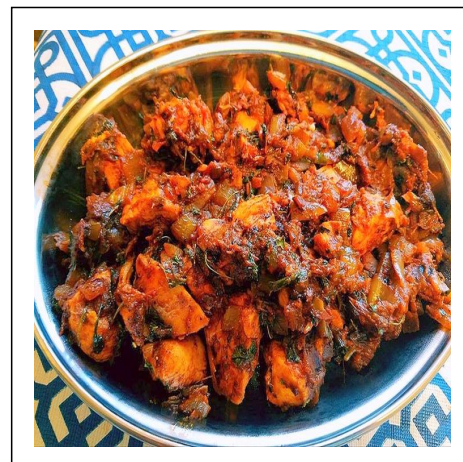
Recipe Name: Tomato Chicken Roast Recipe Flavoured With Kasuri Methi

Diet Type: Non-Vegetarian

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Chicken thighs - skinless and boneless	3
• 1 Onion - diced	
• 10 cloves Garlic - chopped	
• 1 inch Ginger - grated	
• 6 Tomatoes - deseeded	
• 1/3 cup Coriander (Dhania) Leaves - chopped	
• 3 Green Chillies - slit	
• 2 teaspoon Kasuri Methi (Dried Fenugreek Leaves)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Kashmiri Red Chilli Powder	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 3 teaspoons Sunflower Oil	
• Salt - to taste	

Preparation

- In a kadai, heat a little oil on medium flame and once the oil is hot, addp garlic.
- Fry them for a few seconds on low heat.
- Do not let the gar.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	37	10	34	4	6