

Recipe Name: CHICKEN DAL
Diet Type: Non-Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Common Ingredients

Protein: Bone-in chicken pieces (for better flavor) or boneless thighs/breast.

Lentils: Typically 1 cup of Chana, Masoor, or Moong dal (soaked for at least 30 minutes to 2 hours).

Aromatics: Onions, tomatoes, ginger-garlic paste, and green chilies.

Spices: Turmeric, red chili powder, cumin seeds, coriander powder, and garam masala.

Finish: A final tempering (tadka) of ghee, mustard seeds, dried red chilies, and curry leaves.

3. Basic Preparation Method

Prep Dal: Boil the soaked lentils with turmeric and salt until tender. For Chana Dal, ensure it is soft but not mushy.

Cook Chicken: In a separate pan, sauté onions, ginger-garlic paste, and tomatoes. Add the chicken and spices, frying until the chicken is browned and halfway cooked.

Combine: Mix the cooked dal with the chicken. Add water to adjust the consistency and simmer for 15–20 minutes until the chicken is fully tender and flavors meld.

Tempering: Pour a hot tempering of oil/ghee, cumin, and whole red chilies over the dish just before serving.

Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	37	40	17	10	5