

Recipe Name: Kerala Chicken Curry Recipe With Freshly Ground Spices

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Kerala Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 500 Chicken - medium sized pieces	4
• 1 Onion - roughly chopped	
• 1 inch Ginger - grated	
• 6 cloves Garlic - finely chopped	
• 1 teaspoon Mustard seeds	
• 8 Curry leaves	
• Coconut Oil	
• Salt - as per taste	
• 1/2 cup Coconut milk - or grated fresh coconut	
• 1 tablespoon Whole Black Peppercorns	
• 1 teaspoon Coriander (Dhania) Seeds	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Fennel seeds (Saunf)	
• 2 Dry Red Chillies	

Preparation

- To prepare Kerala Chicken Curry With Freshly Ground Spices, get prep with all the ingredients and marinate chicken with curd and salt for 2 hours.
- To make the fresh masala.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	25	10	20	3	4