DietCloud – Recipe

Recipe Name: Andhra Style Chicken Fry Recipe

Diet Type: Non-Vegetarian

Course: Appetizer

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
• 1 Chicken breasts - cubed	2
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1/2 tablespoon Ginger Garlic Paste	
• 1/2 cup Hung Curd (Greek Yogurt)	
• Salt - to taste	
• 1 Onion - chopped	
• 3 Green Chillies - chopped	
• 1 teaspoon Fennel seeds (Saunf)	
• 2 Tomatoes - cubed	
• 1/2 tablespoon Ginger Garlic Paste	
• 2 sprig Curry leaves	
• 1 tablespoon Black pepper powder	
• 1 tablespoon Garam masala powder	
• 1/2 tablespoon Coriander Powder (Dhania) - coarsely grounded	
• 1/2 tablespoon Kashmiri Red Chilli Powder	
• Sunflower Oil - or ghee as required	

Preparation

• To begin making the Andhra Chicken Fry recipe, put chicken cubes and all the ingredients listed under marination including turmeric powder, red chilli powder, ginger garlic paste, hung yogurt, salt in a bowl and mix it well.

• Make sure that chicken pieces are coated properly.

• Cover the bowl and let it sit in the fridge for an hour.

• Once the chicken is marinated, take it out from fridge and keep it aside.

• Heat oil in a kadhai/wok and add fennel seeds, curry leaves and chopped green chillies into the wok.

• Saute it for couple of seconds but make sure it doesn't burn.
• Now, add ginger garlic paste and saute for couple of seconds until the raw smell of ginger garlic goes away.
• Next step is to add onion and cook it till the time it becomes soft and translucent.
• Once the onions are soft, add the cubed tomatoes and cook till they become mushy.
• Once the tomatoes are soft and mushy, add the marinated chicken pieces and marination batter into the wok.
• Add garam masala powder and cook it for 10 minutes on medium heat.
• After 10 minutes, add coriander powder, red chilli powder into the wok and give it a good mix and cook the chicken again for 5 minutes on high heat.
• Y ou have to make sure that chicken gets dry and there is no gravy left.
• In the end sprinkle black pepper powder and adjust salt as per your taste.

• Serve it hot and garnish with some onion rings.

Macronutrients

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