

Recipe Name: Kachi Tikya Recipe - Chicken In Tomato Gravy With Potatoes

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Chicken - minced	8
• 2 Onion - finely chopped	
• 10 Green Chillies	
• 3 tablespoon Coriander (Dhania) Leaves	
• 1 Whole Egg	
• Salt - as per taste	
• 2 tablespoon Red Chilli powder - adjustable	
• 2 tablespoon Cumin powder (Jeera)	
• 4 Tomatoes - finely chopped	
• 1 tablespoon Cumin seeds (Jeera)	
• 1/2 cup Sunflower Oil	
• 1 teaspoon Garam masala powder	
• 1/4 teaspoon Mace powder	
• 1 tablespoon Ginger Garlic Paste	
• 4 Potatoes (Aloo)	

Preparation

- To begin making the Kachi Tikya recipe, marinate the chicken kheema with ginger garlic paste, onions, red chilli powder, salt, cumin powder, green chillies and coriander leaves.
- Mix it well and set it aside for 1-2 hours.
- Now heat some oil in a shallow frying pan and fry the tikkis from both the sides.
- Once it is cooked, keep it aside.
- Add cumin seeds and when it crackles add slit green chillies and potatoes to it.
- Let it cook for 2 minutes, then add the tomatoes, cumin powder, black pepper powder, garam masala



powder and a little water.

- After a minute, add the tikiyas and cook till all the water evaporates and oil leaves from side.
- Mix well and let it cook on simmer for another 10 minutes.
- Serve hot.

Macronutrients

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