

Recipe Name: Chicken Sweet Potato & Dill Curry Recipe
Diet Type: Non-Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Chicken - cut into small pieces	4
• 1 Sweet Potato - skin peeled and chopped small	
• 1 Bay leaf (tej patta)	
• Salt - to taste	
• Sunflower Oil	
• 2 teaspoon Coriander (Dhania) Seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Onion - chopped	
• 1 inch Ginger - chopped	
• 4 cloves Garlic - chopped	
• 1 cup Dill leaves	

Preparation

- To begin making the Chicken and Sweet Potato Dill Curry Recipe, heat a small skillet with teaspoon oil, add coriander seeds, cumin seeds, cinnamon stick and allow it to sizzle.
- Add ginger, garlic and allow it soften for few seconds.
- Add chopped onions and saute till they turn translucent.
- Fry till the onions turn golden brown and is caramelized well.
- Open the lid, add dill leaves and little water and grind it again for some more time till it forms a nice puree.
- Heat a pressure cooker with oil, add bay leaf and add in the ground paste and cook for at least 10 minutes.
- Add sweet potato, chicken, salt and about 1/2 a cup of water and pressure cook it for at least 4 whistle.



Macronutrients

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