



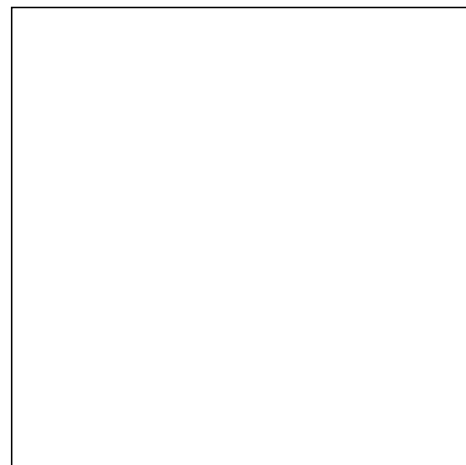
Recipe Name: Gongura Chicken Curry Recipe - Andhra Style Gongura Chicken

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Andhra

Quantity:



Ingredients

Ingredient	Quantity
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| <ul style="list-style-type: none">• 500 grams Chicken• 2 Onion - chopped• 1 Tomato - chopped• 4 Green Chillies - slit• 1 inch Ginger - finely chopped• 6 cloves Garlic - finely chopped• 1/2 teaspoon Turmeric powder (Haldi)• 1 teaspoon Garam masala powder• 2 tablespoon Sesame (Gingelly) Oil• Salt - to taste• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)• 1 tablespoon Coriander (Dhania) Seeds• 4 Dry Red Chillies• 1 teaspoon Fennel seeds (Saunf)• 1 teaspoon Sesame (Gingelly) Oil• 4 cloves Garlic• 2 cups Sorrel Leaves (Gongura) - picked and chopped• Salt - to taste | 4 |
|--|---|

Preparation

- In a small pan, dry roast the methi seeds, coriander seeds, fennel seeds and red chillies for about 3 to 4 minutes on medium heat, until you notice the seeds c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	37	11	34	4	2