

**Recipe Name:** Kerala Chicken Roast Recipe  
**Diet Type:** Non-Vegetarian  
**Course:** Lunch  
**Cuisine:** Kerala Recipes  
**Quantity:**



## Ingredients

| Ingredient                                   | Quantity |
|----------------------------------------------|----------|
| • 500 grams Chicken                          | 4        |
| • 1/4 teaspoon Turmeric powder (Haldi)       |          |
| • 1 teaspoon Kashmiri Red Chilli Powder      |          |
| • 1 teaspoon Lemon juice                     |          |
| • Salt - to taste                            |          |
| • 3 Onions - thinly sliced                   |          |
| • 1 tablespoon Ginger - finely chopped       |          |
| • 1 tablespoon Garlic - finely chopped       |          |
| • 2-1/2 teaspoons Coriander Powder (Dhania)  |          |
| • 1-1/2 teaspoons Kashmiri Red Chilli Powder |          |
| • 1 teaspoon Garam masala powder             |          |
| • 1/2 teaspoon Fennel Powder                 |          |
| • 3 Tomatoes - thinly sliced                 |          |
| • 2 sprig Curry leaves                       |          |
| • Salt - to taste                            |          |
| • 2 tablespoons Coconut Oil - as required    |          |

## Preparation

- To begin making the Kerala Chicken Roast recipe, wash and clean the chicken pieces.
- This will help the chicken get tender.
- Shallow fry the marinated chicken pieces in a heavy bottomed pan on medium heat till it becomes golden brown on either side the chicken is just about cooked.
- Remove the chicken pieces from the pan.
- To the same pan, heat oil on medium heat; add the sliced onions with a pinch of salt.
- Cook till onions turn golden brown.



- Add the ginger and garlic and cook for a few seconds until the flavours start coming through.
- Add coriander, red chilli, garam masala fennel powder and saute for a few seconds till masala is cooked through.
- Add sliced tomatoes and curry leaves along salt and mix well.
- When the tomatoes become soft, add one or two spoons of water to get a nice paste like consistency.
- At this stage, add the fried chicken pieces and give a good stir till the masala coats the chicken well.
- The Kerala Chicken Roast pieces should be succulent coated well with the masala.
- Stir fry the chicken in the masala for about 4 to 5 minutes.
- Check the salt and spices and adjust to suit your taste.

## Macronutrients

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

