

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Non Veg



Ingredients

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Preparation Method

- For the sauce:
- -4 tbsp onion, chopped
- -1 tsp garlic, finely chopped
- -1 tbsp ginger, finely chopped
- -1 tsp coriander powder
- -1 tsp red chilli powder
- $-\frac{1}{2}$ tsp haldi powder
- $-\frac{1}{2}$ cup tomato puree
- $-\frac{1}{2}$ cup water
- For the Pathia:
- $-\frac{1}{2}$ onion, chopped
- $-\frac{1}{2}$ green capsicum, chopped
- -1 tsp garlic, finely chopped
- -1 tsp ginger, finely chopped
- -Pinch of cumin powder
- $-\frac{1}{4}$ tsp coriander powder
- -Pinch of cinnamon powder
- -Salt to taste
- -1 tsp chilli powder
- -1 tbsp chopped coriander
- -1tsp vinegar
- $-\frac{1}{4}$ tsp sugar
- -100 grams chicken breasts, cut into cubes
- -250 ml chicken stock

• 1 Begin making the sauce by frying the minced garlic, minced ginger, coriander powder, paprika and turmeric for about a minute to release the flavours.

- 2. Add the onions and fry for a further 10 minutes.
- 3. Add the tomatoes and water and simmer for approximately 5-7 minutes. Blend the mixture until it becomes thick and velvety
- 4. Begin to make the curry by frying the onion, green pepper, minced garlic, minced ginger, cumin powder and coriander powder for around 10 minutes.
- 5. Add the sauce you prepared earlier, along with the chicken stock, cinnamon powder, cayenne pepper, white wine vinegar, sugar, red food colouring and salt to taste.
- 6. Give everything a good mix and add the chicken. Simmer for 10 minutes and add the chopped coriander.
- 7. Simmer for another 20 minutes until the curry has reduced and serve with rice.