



Palak chicken kheema (HV)

Serving: 1

Veg

Ingredients

- 100 grams chicken minced
- 1 cup spinach /Palak chopped
- 1 tsp oil
- 1 small bay leaf
- 2 peppercorn
- 1/2 inch cinnamon stick
- 1/4 cup onion chopped
- 2 tsp ginger-garlic paste
- 1 green chilli fine chopped
- Salt to taste
- 1/2 tsp cumin powder
- 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 1/2 tsp coriander powder
- 1/2 tsp garam masala powder

Preparation Method

- Heat a pan and once hot add oil, bay leaf, peppercorn, cloves, cinnamon. Let them crackle. Add onion, ginger garlic paste, green chilies, salt.
- Sauté for 2/3 minutes till the onions are translucent.
- Cook until water evaporates and add minced chicken and palak. Mix well.
- Sauté till keema dries up and then add water as required . Mix once and put the lid on.
- Let it cook with the lid on. Once cooked add garam masala and mix.
- Garnish with coriander and serve