



Chicken Haleem (OP W)

Serving: 1

Non Veg

Ingredients

- -100 gm boneless chicken
- -1 tbsp ginger-garlic paste
- - $\frac{1}{4}$ cup sliced & fired brown onions
- - $\frac{1}{4}$ tsp turmeric powder
- -1 tsp red chilli powder
- -Salt to taste
- -1 tsp coriander powder
- -1 tsp garam masala
- - $\frac{1}{4}$ cup curds
- -1 tsp oil
- -1 tbsp wheat, and cooked completely
- -1 tsp chana dal, soaked
- -1 tsp moong dal, soaked
- -1 tsp masoor dal, soaked
- -1 tsp toovar dal, soaked

Preparation Method

1. Cook all the dals and wheat till they are tender. Heat the oil in a pan and fry ginger-garlic paste for 1-2 minutes.
2. Add red chilli powder, little bit of water, turmeric powder and coriander powder. Mix well.
3. Add fried brown onions, yoghurt and salt. Cook for 5-6 minutes.
4. Add boneless chicken and cook till tender.
5. Mash the chicken pieces and mix very well.
6. Take another pan and pour the tender dals and wheat and blend using regular blender and blend again. Add the cooked chicken mixture and mix well.
7. Cook on a medium flame for 2 to 3 minutes.
8. Top up with garam masala, garnished ginger and fresh coriander leaves and serve.