



## Chicken Stew – Kerala Style ( HS ) ( OP I )

Serving: 1

Non Veg

### *Ingredients*

- Serves 1
- 100 gm chicken
- 2 tbsp sweet potato, cut into wedges
- 2 tbsp chopped carrot
- 1 tbsp green peas
- 1/2 tsp oil
- 3 tbsp chopped onion
- 1/4 tsp chopped ginger
- 1/4 tsp chopped garlic
- 2 green chillies, chopped
- 1/2
- 1 clove
- 1 cardamom
- A pinch of pepper crushed
- 2-3 nos. curry leaves
- 1/2 tsp vinegar
- Salt to taste
- 2 tbsp thin coconut milk

### *Preparation Method*

- 1. Cut the chicken into pieces. Wash and clean the pieces.
- 2. Heat the oil in pan and gently sauté the onions, ginger, garlic, green chillies, cinnamon, cloves, cardamom, peppercorns and curry leaves until soft and golden.
- 3. Add the chicken pieces and sauté gently. Add vinegar, salt and thin coconut milk and cook on medium flame till the meat is half cooked.
- 4. Add the sweet potato wedges, green peas and carrot and cover the pan with a lid and bring to a boil and cook till the meat is cooked.
- 5. Serve immediately.