**Chicken Chettinad Curry**

Prep time: 20 min Cook time: 30 min

**Ingredients:**

**For the Chettinad Spice Blend:**

* 1 tsp cumin seeds
* 1 tsp fennel seeds
* 1 tsp coriander seeds
* 1 tsp black peppercorns
* 3-4 dried red chilies (adjust to spice preference)
* 2 green cardamoms
* 3 cloves
* 1-inch cinnamon stick

**For the Curry:**

* 500g skinless chicken breast, cut into pieces
* 1 tbsp coconut oil (or any healthy oil)
* 1 tsp mustard seeds
* 1 sprig curry leaves
* 1 large onion, finely chopped
* 1 tbsp ginger-garlic paste
* 2 medium tomatoes, pureed
* ¼ tsp turmeric powder
* 1 tsp red chili powder
* ½ tsp garam masala
* ½ cup coconut milk (light version for fewer calories)
* Low sodium salt, to taste
* Fresh coriander for garnish

**Instructions:**

**Prepare the Chettinad Spice Blend:**

1. Dry roast cumin, fennel, coriander seeds, black peppercorns, dried chilies, cardamoms, cloves, and cinnamon for 1-2 minutes until fragrant.
2. Cool and grind into a fine powder.

**Cook the Chicken:**

1. Heat coconut oil in a pan, add mustard seeds and let them splutter.
2. Add curry leaves and chopped onions, sauté until golden brown.
3. Stir in ginger-garlic paste and sauté for a minute.
4. Add tomato puree, turmeric, chili powder, and ground Chettinad spice mix. Cook until oil separates.

**Simmer the Curry:**

1. Add chicken pieces and coat well in the masala.
2. Pour in coconut milk and simmer for 15-20 minutes until chicken is tender.
3. Stir in garam masala and adjust salt.

**Garnish & Serve:**

1. Garnish with fresh coriander and serve hot