**Chicken Nizami**

Prep time: 15 min Cook time: 30 min

**Ingredients:**

* 500g skinless chicken (preferably breast or thigh, cut into pieces)
* 1 cup low-fat yogurt
* 1 large onion (finely sliced)
* 2 tomatoes (pureed)
* 1 tablespoon ginger-garlic paste
* 1 green chili (slit)
* 1 teaspoon turmeric powder
* 1 teaspoon red chili powder (adjust to taste)
* 1 teaspoon coriander powder
* ½ teaspoon garam masala
* 1 teaspoon fennel seeds
* ½ teaspoon cumin seeds
* 2 cardamom pods
* 1 small cinnamon stick
* 4-5 cashews (soaked and blended into a paste)
* 1 teaspoon lemon juice
* 1 tablespoon olive oil or cold-pressed coconut oil
* 1 sprig curry leaves
* Low sodium salt, to taste
* Fresh coriander leaves for garnish

**Instructions:**

**Marinate the Chicken**

1. In a bowl, mix chicken with yogurt, turmeric, red chili powder, and a pinch of salt.
2. Let it marinate for at least 30 minutes (or overnight for deeper flavor).

**Prepare the Base**

1. Heat 1 tablespoon oil in a pan. Add cumin seeds, fennel seeds, cinnamon, cardamom, and curry leaves. Sauté until aromatic.
2. Add sliced onions and sauté until golden brown.
3. Add ginger-garlic paste and green chili, cooking for another minute.

**Cook the Chicken**

1. Add tomato puree and cook until the oil separates.
2. Stir in coriander powder and garam masala.
3. Add marinated chicken, mix well, and cook for 5 minutes on medium heat.

**Simmer with Cashew Paste**

1. Add the cashew paste and mix well. Cook for another 10-15 minutes until the chicken is tender.
2. Add a little water if needed for a semi-gravy consistency.

**Finish & Serve**

1. Squeeze in lemon juice, garnish with fresh coriander leaves
2. Serve hot with whole wheat roti, brown rice, or millet dosa.