**Chicken Vindaloo**

Prep time: 2 hours Cook time: 40 Min

**Ingredients:**

* 500 grams chicken, curry cut
* 2 onions, chopped
* 1 tomato, chopped
* ¼ cup tomato puree
* 2 tbsp Oil
* 2 green chillies, chopped
* 1 tbsp tamarind, washed and soaked in hot water.
* 2 tbsp fresh dhania leaves
* Salt to taste
* 8 cloves garlic
* ½ inch ginger
* 2 dry red chilli
* ½ tbsp mustard seeds
* ½ tbsp black peppercorns
* 1 tsp jeera
* 1 tbsp dhania seeds
* ½ tsp methi seeds
* 3 cloves
* 1 inch cinnamon stick
* 4 tbsp vinegar
* ½ tsp Haldi
* 1 tsp sugar
* Low sodium salt, to taste

**Instructions:**

**Prepare the Spice Mixture:**

1. Heat 1 tsp of oil in a pan. Add ginger and garlic, and sauté until they start to soften.
2. Then add black peppercorns, mustard seeds, jeera (cumin seeds), dhaniya seeds (coriander seeds), methi seeds (fenugreek seeds), cloves, cinnamon, and dried red chilies.
3. Roast on low flame for about 3-4 minutes until fragrant.

**Blend the Marinade:**

1. Turn off the heat and let the spice mixture cool down.
2. Transfer the cooled spices to a blender and add vinegar, salt, haldi (turmeric), and sugar. Add 4 tbsp of water and blend to a smooth paste.
3. Marinate the chicken with this paste for at least 2 hours.

**Cook the Onions:**

1. In a heavy-bottomed pan, heat 1 tbsp of oil.
2. Add green chilies and onions, and cook until the onions become golden brown.

**Add Tomatoes:**

1. Once the onions are cooked, add chopped tomatoes and cook until they soften.
2. Then add tomato puree and let it cook for about 2 to 3 minutes.

**Cook the Chicken:**

1. Add the marinated chicken along with the remaining marinade mixture to the pan.
2. Mix well and cook for about 10 minutes.

**Simmer:**

1. Add 1 cup of water and cover the pan.
2. Cook for 30 minutes, checking the seasonings and adjusting to taste.

**Garnish and Serve:**

1. Garnish with fresh dhaniya leaves (coriander) and serve hot with roti or rice.