**Methi Chicken**

Prep time: 10 Min Cook time: 40 Min

**Ingredients:**

* 500 grams chicken, curry cut
* 1 cup methi leaves, washed and chopped
* 3 onions, chopped
* 3 tomatoes, chopped
* 4 cloves garlic, crushed
* 1-inch ginger, chopped
* 2 tbsp oil
* 1 tsp shahi jeera (caraway seeds)
* 1 tsp saunf (fennel seeds)
* 1-inch cinnamon stick
* 1 tsp black peppercorns
* 2 tsp red chili powder
* ½ tsp haldi (turmeric powder)
* 2 tsp garam masala powder
* 1 tsp jeera powder (cumin powder)
* Low sodium salt, to taste
* ½ cup water
* 1 tbsp cream (optional)

**Instructions:**

**Sauté the Masala**

1. Heat 2 tbsp oil in a heavy-bottomed pan over medium heat.
2. Add cinnamon, shahi jeera, black peppercorns, and fennel seeds. Let them splutter for a few seconds.
3. Add ginger and garlic, and sauté for 2 minutes until fragrant.
4. Stir in the chopped onions and sauté until golden brown.
5. Add chopped tomatoes with a pinch of salt and cook until they turn soft.

**Cook the Chicken**

1. Add chicken pieces, haldi, garam masala, jeera powder, and red chili powder.
2. Mix well and cook uncovered for 10 minutes, stirring occasionally.

**Add Methi & Simmer**

1. Add methi leaves and ½ cup water, then cover and let it cook for 10 minutes on low-medium heat.
2. Open the lid and simmer, stirring continuously, until the gravy thickens to your desired consistency.

**Garnish & Serve**

1. Stir in 1 tbsp cream (optional) for a richer texture.
2. Mix well, remove from heat, and let it rest for a couple of minutes.
3. Serve hot with roti, naan, or steamed rice.