**Palak Chicken**

Prep time: 30 Min Cook time: 30 Min

**Ingredients:**

* 500g chicken, curry cut
* 300g palak (spinach), roughly chopped
* 1 tsp ajwain (carom seeds)
* 1 tbsp ghee
* 5 garlic cloves, chopped
* 1-inch ginger, chopped
* 2 green cardamoms
* 1-inch cinnamon stick
* 3 cloves
* 1 green chili
* 2 onions, thinly sliced
* 1 tsp red chili powder
* 1 tsp garam masala powder
* 2 tbsp curd (yogurt)
* Low sodium salt, to taste

**Instructions:**

**Prepare the Spinach Puree:**

1. In a pressure cooker, add chopped spinach, green chili, and 2 tbsp water.
2. Cook for 1 whistle and release the pressure immediately under cold running water.
3. Once cooled, blend the spinach into a smooth puree. Set aside.

**Cook the Chicken:**

1. Heat ghee in a heavy-bottomed pan.
2. Add ajwain, cloves, cinnamon, and cardamoms, sauté for a few seconds until aromatic.
3. Add chopped ginger, garlic, and sliced onions. Sauté until onions turn translucent.
4. Add the chicken, salt, red chili powder, and garam masala powder. Mix well.
5. Cover and cook on low heat for about 30 minutes or until the chicken is fully cooked.

**Combine with Spinach:**

1. Add the prepared spinach puree and yogurt to the chicken. Mix well.
2. Let it simmer for 4–5 minutes, allowing the flavors to meld.
3. Taste and adjust salt if needed.
4. Enjoy hot with roti, naan, or rice.