

Chicken Saagwala

Ingredients

- 1 kg boneless chicken thighs, cut into cubes
- 1 teaspoon salt
- 1 teaspoon turmeric
- 1/2 teaspoon chilli powder
- 1 tablespoon ghee
- 300 gram spinach
- 1 cup (250 ml) full fat coconut milk
- 1 tablespoon ghee
- 1 medium yellow onion, chopped
- 6 cloves garlic, minced
- 1 tablespoon minced ginger
- 1 tablespoon garam masala
- 1 1/2 teaspoon coriander
- 1 teaspoon cumin
- 1/2 teaspoon cardamom
- 1/2 cup coconut yogurt or greek yoghurt.
- salt & pepper to taste
- chopped cilantro & mint for garnish

Recipe

1. Blend 300g spinach with 1/2 cup coconut milk.
2. Bring wok to medium-high heat with tablespoon ghee and add chicken, 1 tsp salt, 1 tsp turmeric, 1/2 tsp chilli powder. Set aside once browned.
3. Brown onion, garlic, ginger together on medium heat. Add garam masala, coriander, cumin, cardamom until fragrant.
4. Pour over spinach mix, remainder of coconut milk and yoghurt. Add salt and pepper.
5. Add chicken and simmer for 5-10 minutes.
6. Serve with mint and/or cilantro.

Created 2023-05-05 22:48:42 UTC by iosullivan

Updated 2023-05-05 22:56:38 UTC by iosullivan