

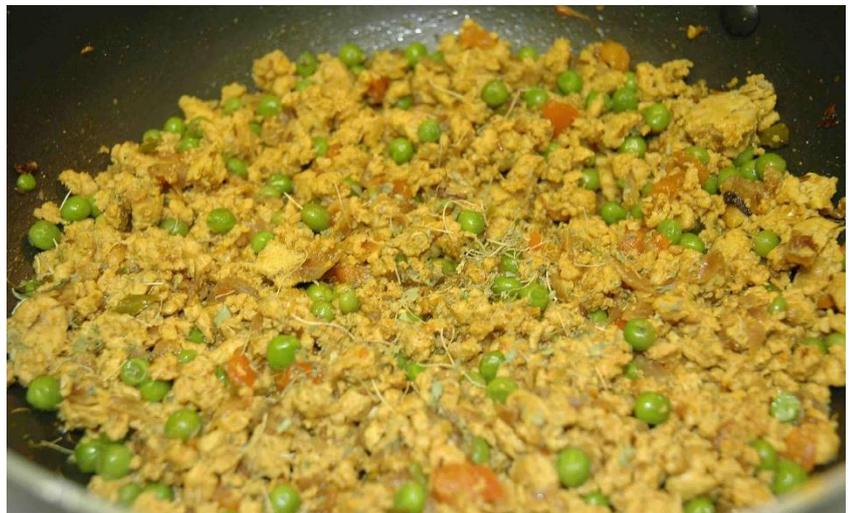
Chicken Keema

Nutritional Information

- Serving size: 1 portion
- Calories: 277
- Fat: 12.8g
- Saturated fat: 3g
- Carbohydrates: 15g
- Sugar: 5.9g
- Sodium: 443.5mg
- Fiber: 4.1g
- Protein: 25.5g
- Cholesterol: 105.1mg

Ingredients

- 1 pound Ground Chicken
- 1 tbsp yogurt
- 2 cups Diced Red Onions
- ½ cup Diced/Crushed/Pureed Tomatoes
- 1 cup Boiled Peas
- 1 tbsp Ginger-garlic Paste
- 1-2 Green Chillies (optional)
- 2 tablespoon Oil
- 1 tsp Cumin Seeds
- 1 tsp Coriander Powder
- ½ tsp Kashmiri Red Chili Powder
- ½ tsp Garam Masala
- 1 Black Cardamom
- 2 Green Cardamoms
- 1" Piece of Cinnamon
- ¾ tsp salt (to taste)
- ½ tsp Dried Fenugreek Leaves (Kasuri Methi)



Method for Cooking

5 minute preparation time and 40 minute cooking time, total=45 minutes

1. In a bowl add the ground chicken and ¼ cup water and mix well using a circular motion. You can add more water gradually if needed. The ground chicken should

lose the stringy texture and become a paste which prevents lumps from getting formed when you cook the chicken.

2. Boil the peas on the stove or in a microwave for about 2 minutes and put aside.
3. Add the oil to a nonstick pan on medium heat and add the cumin seeds, cinnamon stick, bay leaf and cardamoms.
4. As soon as the cumin seeds start to sizzle add the diced onions and fry them for about 10 minutes. The onions will become soft and start to turn brown.
5. Add the ginger-garlic paste and the green chillies and sauté for about 2 minutes. You'll notice that the the raw smell of the ginger and garlic disappears.
6. Add the Coriander Powder, Red Chili Powder, Turmeric and Salt and mix well and fry for about 2 minutes.
7. Add the Ground Chicken into the pan and mix the onions and the chicken well.
8. Cook the chicken for about 5 minutes stirring occasionally and add the yogurt and mix well.
9. Cook for another 2-3 minutes and add in the tomatoes and mix well.
10. Cook for another 8-10 minutes and add the boiled peas and the Garam Masala.
11. Mix well and cook for another 2-3 minutes, turn off the heat and add the Dried Fenugreek Leaves