

Chicken curry

Recipe:

1. Chop 4 large onions (halve and cut perpendicular to lines) and cook with 4 large spoons (cooking spoons) of oil and 4 tsp salt. (Low flame/6)
2. When onions are half browned, add 2 tsp curry powder mix, crushed ginger (2cm), 1 tsp garlic, 5 pepper balls, 3 cloves, 3 Cardamom pods, curry leaves. Let onions fully brown.
3. Add chicken, stir and let cook for 30 mins or until ready. Check every 10 mins

Calories:

Curry: 160kcal (100g)

Rice: 130kcal (100g)

Often I use brown rice instead of white as a healthier substitute.

Here are two more examples traditional dishes I have cooked recently. Chicken biriyani and a tomato chick pea curry.

