

Methi Murgh

Fenugreek Chicken



Ingredients

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| 1 tbsp vegetable oil | 2 bunches fresh fenugreek/
methi leaves, washed
and finely chopped
(alternatively use 3tbsp
dried fenugreek leaves) |
| 6 chicken thighs, cut into
chunks | 2 tsp garam masala |
| 1 tsp cumin seeds | |
| 1 onion, finely diced | |
| 1 tsp salt | |
| 1 tsp turmeric | |
| 3 cloves garlic, finely
chopped | |
| 2 tbsp fresh ginger, grated | |
| 2 tomatoes, pureed | |
| 1 tsp chilli powder | |
| 1 tsp coriander seeds,
crushed | |
| 1 or 2 green chillies, chopped | |
| 2 tbsp yoghurt | |
| 150ml water | |

Method

- 01** Heat oil in a pan and add cumin seeds, once fragrant add onion and cook until golden brown (20 mins).
- 02** Add the ginger, garlic, turmeric and cook together for a few minutes.
- 03** Stir in the pureed tomatoes, chilli powder, crushed coriander seeds, salt and green chilli.
- 04** Mix the yoghurt and water and pour into the pan. Replace lid and cook covered for 5 minutes.
- 05** Add the washed and chopped methi leaves and stir into the sauce. Replace the lid and leave to cook for a few more minutes.
- 06** Stir in the chicken pieces and place the lid on the pan and cook for a few minutes on a medium heat until the chicken is almost cooked.
- 07** Increase the heat and remove the lid then stir fry the chicken - stirring all the time to thicken the sauce to a consistency you are happy with.
- 08** Remove from the heat and stir in the garam masala and serve.

Served with

Delicious with roti or rice.

More on this recipe

<http://www.harighotra.co.uk/methi-murgh-recipe>