

PUNJABI SAAG MURGH

Ingredient	Quantity	Unit
Spinach Puree	500	Grams
Chicken Breast (Cut into pieces)	350	Grams
Chopped onion	40	Grams
Chopped tomato	25	Nos
Chopped garlic	10	Grams
Fenugreek powder	3	Grams
Turmeric	1	Grams
Degi chilli powder	2	Grams
Coriander powder	5	Grams
Butter	5	Grams
Salt	To	Taste
Cream	10	Grams
Sunflower oil	35	Ml
Whole Cumin	3	Grams

Method:

1. In a pan, add the oil and heat it.
2. Add the cumin and let it crackle.
3. Now, add the chopped garlic and sauté till brown.
4. Add the chopped onion and sauté till the start to get brown.
5. Add the powdered spices and mix
6. Add the chopped tomatoes and cook till they become mushy.
7. Add the chicken and sauté it till cooked.
8. Add the spinach puree and simmer it for about 5 minutes.
9. Finish with salt, butter and cream.