

palak murgh

preparation time: 15 minutes
cooking time: 1 hour 10 minutes
chilli rating: medium

difficulty level: easy
serves: 4-6 as part of an
Indian meal



ingredients

1 whole chicken cut into 10 pieces,
or 1 kg chicken pieces

1 tsp nilgiri's garam masala (see
Ajoy's tips)

500 g spinach, stems removed

3 mild fresh green chillies, split
lengthways

2 brown onions, roughly chopped

½ cup vegetable oil

½ tsp salt

2½ tbs garlic, minced

1 tsp fresh ginger, crushed

¼ cup full-fat yoghurt

½ tsp chilli powder

3 ripe tomatoes, finely chopped

method

Marinate chicken pieces in the garam masala and set aside.

In a food processor, process spinach and chillies until a paste forms. Transfer to a bowl and set aside.

Rinse and dry processor and process onions until finely ground. Remove from processor and set aside.

In a large, heavy-based frying pan, heat oil. Add onions and salt and cook, uncovered, until onions are lightly golden. Stir in garlic and ginger and cook until fragrant. Add the yoghurt and cook for about 5 minutes further.

Raise heat to high, add chicken and cook until well browned. Stir in chilli powder and cook until all moisture evaporates and oil separates.

Stir in spinach purée and tomatoes. Cover, reduce heat and cook until chicken is cooked through and tender. Uncover and if any liquid remains, cook over medium heat until liquid has evaporated. Serve immediately.

Ajoy's tips To make the masala, click [nilgiri's garam masala recipe](#). Click [Ajoy's blog](#) to read about this classic north Indian Punjabi dish.

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