

# Chicken With Dried Fenugreek Leaves – Chicken Methi

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DIETARY:  
Gluten Free, Coeliacs, Nut Free

### MAKING THIS RECIPE

#### Ingredients

750g chicken, skinned and cut into pieces

2 tablespoons oil

2 [Indian Bay leaves](#)

3 [Green Cardamom pods](#)

1 level tablespoon [Indian Garam Masala](#)

300g chopped onions

2 large tomatoes, chopped

2 or 3 green chillies, chopped

2 inch piece of fresh ginger, grated or 2 tablespoons of [Ready Chopped Ginger](#)

4 to 6 garlic cloves, crushed or 2 tablespoons [Ready Chopped Garlic](#)

Half a teaspoon [Ground Turmeric](#)

1 teaspoon [Roast & Ground Coriander seeds](#)

250g plain yogurt, whisked

2 level tablespoons [dried Fenugreek leaves \(Methi\)](#)

1 tablespoon fresh Coriander leaves, chopped

Up to 200ml water

Salt, to taste

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#### Method

Heat the oil in a pan and add the Indian Bay leaves, Cardamom pods and Garam Masala spice mix. Saute until the Cardamom pods start to crackle.

Add the onions, stir continuously and cook until translucent, then add the tomatoes and cook until they have softened.

Add the chillies, ginger, garlic, turmeric and ground coriander and saute for one more minute.

Add the chicken and yogurt and cook for about 10 minutes.

Add the Fenugreek leaves, Coriander leaves and just enough water to make the sauce the consistency of thick gravy.

Stir well and simmer gently for another 10 minutes and season to taste.

Serve with Basmati rice or Indian breads.

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