



Chicken Dhansak

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Details

Chicken dhansak, a dish from parsi cuisine is a favourite among non-vegetarians. Flavored, soft and juicy chicken with a tomato onion base cooked to perfection is served with rotis to complete the meal.

Ingredients



100.0 Gm(100.0 gm) Chicken, Breast



1/4 Diced Cup(26.0 gm) Brinjal



1/4 Chopped Cup(28.0 gm) Onion



1/8 Chopped Cup(19.0 gm) Tomato



1/8 Chopped Cup(6.0 gm) Methi Leaves



1/8 Diced Cup(20.0 gm) Potato



1/8 Diced Cup(22.0 gm) Pumpkin



2.0 Tsp(10.0 gm) Ginger Garlic Paste



1.0 Chopped Tsp(0.76 gm) Pudina



1.0 Chopped Tsp(0.92 gm) Coriander Leaves



2.0 Tsp(9.0 gm) Tur Dal



2.0 Tsp(9.0 gm) Moong Dal



2.0 Tsp(8.0 gm) Urad Dal



1/4 Tsp(0.37 gm) Garam Masala



1/4 Powder Tsp(0.54 gm) Red Chilly



1/4 Tsp(1.0 gm) Green Chilli Paste



1/8 Tsp(0.29 gm) Haldi



1/2 Tsp(2.0 gm) Salt



1.0 Tbsp(15.0 gm) Ghee



150.0 MI(150.0 ml) Water

Method (Step-By-Step)

• **Prepreparation**

In a Pressure Cooker,

- Add 1 tbsp moong dal, 1 tbsp tur dal, 1 tbsp urad dal, 1/4th cup diced brinjal, 1/8th cup diced pumpkin, 1/8th cup diced potato, 1/8th cup methi leaves, 1 tbsp chopped pudina, 1 tbsp chopped coriander leaves. Pressure cook and blend.

• **For chicken dhansak**

In a pressure cooker, heat 1 tbsp ghee.

- Add 1/4th cup chopped onions and saute till golden brown.
- Add 1/8th cup chopped tomato, 2 tsp ginger garlic paste, 1/2 tsp green chilly paste, 1.25 tsp red chilly powder, 1/8th tsp haldi,
- 1 tsp garam masala powder and mix well.
- Now add 70 g chicken, add water as required.
- Cover & cook for 4 whistles until the chicken is cooked.
- Add the prepared blended mixture in the gravy and mix well.
- Serve hot chicken dhansak with roti or rice.