



## Easy chicken saag Free Recipe 31032025

### Description

#### Recipe

#### Easy chicken saag

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

### Fruit and vegetables

3 [garlic](#) cloves, finely chopped

25g/1oz piece fresh root [ginger](#), peeled and finely chopped

2–3 tsp fresh [lemon juice](#)

1 large [onion](#), finely chopped

250/9oz young [spinach](#) leaves

### Tins, packets and jars

¼ tsp [dried chilli](#) flakes (optional)

### Cooking ingredients

salt and freshly ground [black pepper](#)

2 heaped tsp medium [curry powder](#)

½ tsp fine [sea salt](#)

1½ tbsp sunflower or [vegetable oil](#)

## Meat, fish and poultry

3–4 boneless, skinless [chicken breasts](#) (around 500g/1lb 2oz), cut into roughly 2.5cm/1in chunks

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

[Book Novotel Hotel](#)

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Music Video – [Home Page](#)

### Category

1. Chicken
2. Country
3. Easy Recipes
4. Ingredients
5. Vegetable Oil

### Tags

1. chicken breasts
2. Dairy-free
3. Easy
4. Easy chicken saag
5. Egg-free
6. Gluten-free
7. Nut-free
8. Pregnancy-friendly

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### Author

admin

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