

Easy chicken saag Free Recipe 31032025

Description

Recipe

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

1/4 tsp dried chilli flakes (optional)

Cooking ingredients

salt and freshly ground black pepper

2 heaped tsp medium curry powder

1/2 tsp fine sea salt

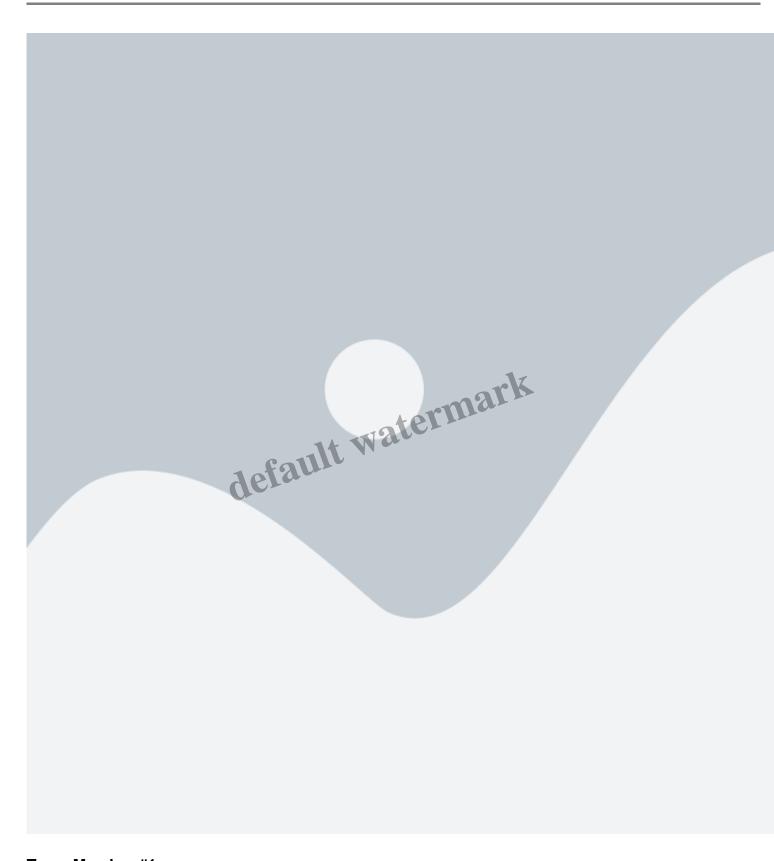
11/2 tbsp sunflower or vegetable oil

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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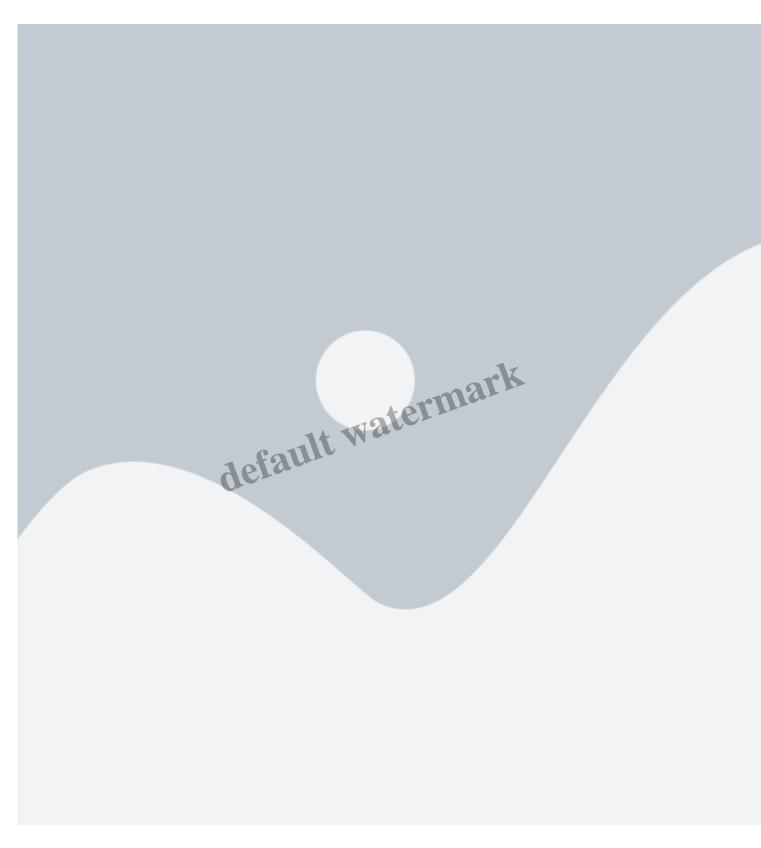


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Category

- 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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