

Chicken 65 (Healthier Version)

See Youtube video: <http://tr.im/iEAs>

Measure Ingredient		Directions
2 - 2 1/2 lbs	chicken cut in strips	Marinate chicken in garlic paste, ginger paste, pepper and lime juice for 4 hours (you can do it for as little as 1 hour or as long as overnight).
2 TBSP	garlic paste	
1 TBSP	ginger paste	
1 tsp	pepper	
2 TBSP	lime juice	
		Grill the chicken. Once done, cut into cubes.
2 or 3 TBSP	oil (peanut or canola)	In a separate pan, add and heat oil (very hot). Add cumin seeds. Stir 30 seconds. Add chopped ginger. Stir 1 minute. Add chopped garlic. Stir 30 seconds. Add chilies and curry leaves.
2 tsp	cumin seeds	
2 TBSP	finely chopped ginger	
2 TBSP	finely chopped garlic	
1 to 2	finely chopped chili peppers	
6 to 8	curry leaves (strips)	Continue till garlic & ginger is brown.
2 tsp	black pepper	Add black pepper, cumin powder and salt. Stir 30 seconds. Add chili garlic sauce & some water & chicken.
2 tsp	cumin powder	
2 tsp	salt	
1/4 cup	chili garlic sauce	Stir chicken into sauce and cover completely.
1/4 cup	water	
2 tsp	lime juice	
2 tsp	finely chopped cilantro	Add lime juice and cilantro leaves if desired.