

CHETTINAD SPICE MIX 35g



Price: \$5.70

SKU: SKU36631

Product Categories: [Chillies](#), [Curries](#), [Herbs & Spices](#), [Peppercorns](#), [Spice & Herb Blends](#)

Product Tags: [c](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/chettinad-spice-mix-35g>

Product Summary

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CHICKEN CHETTINAD SPICE MIX Ingredients: fennel seeds, cumin seeds, black peppercorns, coriander seeds, medium heat chilli, Sri Lankan cinnamon, daggar phool (black stone flower), curry leaves.

Blended, ground and packed in Australia from imported and local ingredients.

Nutritional Information: (Applies to spice mix only)

Per 100g

Energy (kj)

1460

Protein (g)

14

Fat (g) Total

14

Fat (g) Saturated

2

Carbohydrate (g)

44

Sugars (g)

2

Sodium (mg)

120

Recipe: CHICKEN CHETTINAD

2 Tbs (15 mL) vegetable oil

1 small onion chopped

4 cloves garlic crushed

2 Tabs (15 mL) Chettinad Spice Mix

6-8 chicken thigh fillets chopped

4cm ginger, grated

1/2 cup water

15 curry leaves (optional)

1 teaspoon each salt and sugar

Heat oil in a large pan, add spice mix, stir for 1 minute.

Add onion and cook slowly for 10 minutes, stirring occasionally.

Add chicken, crushed garlic, grated ginger, sugar, salt and water, stir to combine.

Add curry leaves (fresh or dried) if you have them.

Simmer for about 20 minutes, stirring occasionally and adding a little extra water if chicken is sticking to pan, until most of the liquid is reduced.

Serve with steamed rice. Serves 4.

Tip: Stir in a little coconut cream or Greek yoghurt for a milder dish.

Product Attributes

- Dimensions: N/A
- Weight: 0.06 kg