Swadish
BY AJAY KUMAR

Recipe Card

SERVINGS	TIME	DIFFICULTY
3-4	40 min	Easy

Punjabi Meat Masala

INGREDIENTS

500g chicken (with or without bones)
3 tbsp oil
2 tbsp ghee
2 medium onions, thinly sliced
3 tbsp ginger paste
3 tbsp garlic paste
1 tbsp green chilli paste
2 tbsp Punjabi Meat Masala
3 tsp turmeric powder
2 tsp Kashmiri red chili powder
3 tomatoes, pureed
1 cup plain yogurt (whisked)
Garnish
2 mild green chilies, slit
1 tsp Punjabi Meat Masala
1 tbsp freshly chopped coriander leaves
1-inch ginger, cut into juliennes
Warm water, as required
Salt to taste

DIRECTIONS

- Sauté onions in oil & ghee until golden.
- Add garlic-ginger-chili paste; cook 3–4 min.
- Stir in turmeric and chilli powder; cook 2 min.
- Stir in Punjabi Meat Masala powder, cook for 1 minute.
- Add tomato puree & cook till oil separates.
- Gradually add yogurt, then chicken; mix well.
- Simmer 20–25 min (add water if needed).
- Garnish with green chilies, ginger.
- Top up with Punjabi Meat Masala and coriander.

EXAMPLE RECIPE

This is Punjabi-style Chicken Curry, bold, comforting, and full of depth. Slow cooked, spiced, and hearty, this dish brings together two classics in one pot with serious character. Every bite is rich, warming, and satisfying, the kind of dish that feels like home and celebration at the same time. No shortcuts, no fuss, just honest Punjabi flavours cooked the way they're meant to be, with depth you can taste and a finish that stays with you.

CHEF'S TIP

You can substitute the chicken with lamb, fish or prawns if preferred.
I will always recommend chicken thighs for a tasty juicy chicken curry.
sautee onions on a low heat - slow and steady.
Adjust the spice level according to your taste.

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