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How to prepare baked chicken with defined herbs for chronic kidney disease patients

Ingredients –

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|---------------------|---|---|
| 1. Chicken | - | 1 kg (Deskinned and cut into medium pieces) |
| 2. Onion | - | 1 (medium sized and chopped) |
| 3. Green Chillies | - | 3 (chopped) |
| 4. Ginger | - | 1 inch |
| 5. Garlic | - | 1 pod (1 piece) |
| 6. Coriander Leaves | - | 2 tablespoons (chopped) |
| 7. Mint Leaves | - | 1 tablespoon (chopped) |
| 8. Tomato | - | 1 (chopped) |
| 9. Pepper Powder | - | ¼ teaspoon |
| 10. Garam Masala | - | ¼ teaspoon |

Preparation –

Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency. Smear this paste on the chicken and marinate it for 30 minutes. Place the marinated chicken in a pressure cooker, do not add water to it. Close the lid and on a medium flame cook it for one whistle, . (In other words, boil it for 20 to 25 minutes). Switch off the flame and wait for the pressure to normalize.