



seafood market delhi

Chicken legs are an excellent source of protein, which is why they're a favorite among fitness enthusiasts. They're also a great option for those on a budget, because one pack of them can feed two people for dinner and lunch. Here's how to buy them in Delhi.



Don't buy frozen chicken legs

First, remember that you want fresh chicken, not frozen. If you can get fresh chicken legs (thighs and drumsticks) from a local butcher's shop or a market, that's the best way to go. However, if you can't find it there but still have to have chicken legs, then your next option is frozen ones. But be warned: Frozen chicken legs do not taste good at all. Don't use more than six of those per person per meal. Cook them on a slow fire so they don't taste too rubbery either because of their freezer-burned state.

Where to buy chicken legs in Delhi?

If you don't want to buy frozen ones, then your best bet is to go to a local market or a butcher's shop. If not these, then you can also try the following:

- Little Italy Delight- Chicken Chettinad and Spice Club By The Sea - Flea Market at Shahjahanpur - Chicken & Rice and Eat More. - Paharganj Market and Dhyan Chand Bazaar

For more options, read the section on where to buy chicken in Delhi.

The best time for buying leg chicken is during winter when it is fresh as it is available during this period of time for sale only. If you are lucky enough to get fresh chicken legs, then do buy them from your local markets.

The best option is to buy your chicken from the open market as compared to branded shops who may sell you frozen chicken.

You can also check for fresh leg chickens with good meat content in local butcher shops.

So, whenever you think of having chicken legs for your diet and healthy lifestyle, do keep these tips in mind! We hope that this information is useful to you and helps you with how to get leg chicken in Delhi.

Contact us *

- Website - <https://grubsoul.com/>
- Phone number - +919289052676