



Cast Iron Skillet Curry Fried Chicken with Curry and Mango-Yogurt Sauce and Red Chile Asparagus

READY IN



30 min.

SERVINGS



4

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder available at specialty markets
- ☐ 1 pound asparagus trimmed
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 new mexico chile peppers dried stemmed seeded available at specialty markets
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons curry powder
- ☐ 0.5 teaspoon chile de árbol dried available at specialty markets

- ☐ 2 cups flour
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 mangos ripe peeled seeded coarsely chopped
- ☐ 1 cup olive oil pure
- ☐ 2 tablespoons olive oil
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 cups yogurt plain
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup water
- ☐ 3 pound meat from a rotisserie chicken whole
- ☐ 1 small onion diced yellow finely

Equipment

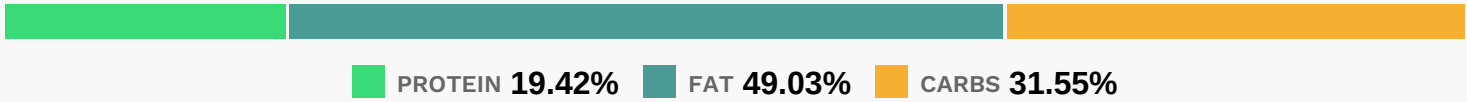
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Heat 1 inch of oil in a large, deep cast iron skillet over high heat to 350 degrees F.
- ☐ Season chicken well on both sides with salt and pepper.
- ☐ Place the flour in a brown paper bag, add 1 tablespoon of salt, 2 teaspoons black pepper, curry powder, and cayenne pepper, and shake to combine.

- ☐ Add the chicken 3 pieces at a time to the bag, and shake well to coat each piece with the flour.
- ☐ Put them on a rack when you have finished.
- ☐ Slowly add the chicken pieces to the hot pan skin-side down. Cover the skillet and reduce the heat to medium high and cook for 7 minutes, remove the cover, turn the chicken over and continue to cook for 6 to 7 minutes, or until golden brown and cooked through.
- ☐ Drain on paper towels and transfer to a platter and drizzle with Mango-Yogurt sauce or serve alongside.
- ☐ Serve with Asparagus with Red Chile Oil.
- ☐ Heat olive oil in a small saute pan over medium-high heat.
- ☐ Add the onions and cook until soft.
- ☐ Add the garlic and cook 1 minute longer.
- ☐ Add the curry powder and water and cook for 5 minutes.
- ☐ Remove from the heat and let cool to room temperature.
- ☐ Place the yogurt, mango, onion mixture and lime juice in a food processor and process until smooth. Season with salt and pepper.
- ☐ Preheat oven to 400 degrees F. Toss asparagus with oil and season with salt. Roast for 8 to 10 minutes or until just cooked through.
- ☐ Place all ingredients in a blender and puree. Strain through a fine strainer. May be refrigerated up to 3 days.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:88.44, Glycemic Load:41.18, Inflammation Score:-10, Nutrition Score:43.061738978262%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol:

0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 19.47mg, Quercetin: 19.47mg, Quercetin: 19.47mg, Quercetin: 19.47mg

Nutrients (% of daily need)

Calories: 929.12kcal (46.46%), Fat: 51.07g (78.56%), Saturated Fat: 12.88g (80.5%), Carbohydrates: 73.95g (24.65%), Net Carbohydrates: 66.35g (24.13%), Sugar: 17.64g (19.6%), Cholesterol: 138.39mg (46.13%), Sodium: 577.77mg (25.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.02%), Vitamin B3: 16.98mg (84.88%), Vitamin C: 65.85mg (79.82%), Selenium: 51.68µg (73.83%), Vitamin K: 72.51µg (69.05%), Folate: 231.19µg (57.8%), Vitamin B1: 0.84mg (56.32%), Vitamin B2: 0.91mg (53.8%), Phosphorus: 528.03mg (52.8%), Vitamin B6: 1.04mg (51.95%), Vitamin A: 2549.96IU (51%), Manganese: 1mg (49.77%), Iron: 8.85mg (49.16%), Vitamin E: 6.88mg (45.85%), Potassium: 1096.53mg (31.33%), Fiber: 7.6g (30.4%), Zinc: 4.3mg (28.64%), Vitamin B5: 2.75mg (27.46%), Copper: 0.54mg (27.12%), Magnesium: 103.87mg (25.97%), Calcium: 244.89mg (24.49%), Vitamin B12: 0.96µg (15.99%), Vitamin D: 0.45µg (2.99%)