



Chicken and Green Bean Coconut Curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken breast halves with skin and bones (5 lb total)
- ☐ 18 inch pepper flakes dried red hot
- ☐ 2 tablespoons coriander seeds
- ☐ 1.5 teaspoons cumin seeds
- ☐ 27 curry leaves fresh
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons tamarind (not concentrate)
- ☐ 3 tablespoons vegetable oil

- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Break up tamarind, then add to boiling-hot water (1/2 cup) in a heatproof bowl and soak 15 minutes. Mash tamarind with a fork until pulp is dissolved, then pour tamarind mixture through a fine-mesh sieve into a small bowl, pressing hard on solids to extract as much liquid as possible. Discard solids.
- ☐ Heat a dry 10-inch heavy skillet (preferably cast-iron) over moderately low heat until hot, about 2 minutes, then toast coriander and cumin seeds, stirring constantly, 2 minutes.
- ☐ Add 12 curry leaves and toast, stirring constantly, until leaves curl and darken, 3 to 4 minutes.
- ☐ Add 4 chiles and toast, stirring constantly, until a shade darker, 1 to 2 minutes.
- ☐ Transfer to a plate and cool completely, then finely grind in grinder.
- ☐ Pat chicken dry and sprinkle with 1 teaspoon salt.
- ☐ Heat 2 tablespoons oil in a wide 6-quart heavy pot over moderately high heat until hot but not smoking, then brown chicken in 2 batches, skin sides down first, turning over once, about 8 minutes per batch.
- ☐ Transfer to a plate.
- ☐ Pour off all but 2 tablespoons fat from pot, then cook onions over moderate heat, stirring occasionally, until edges are golden, 5 to 8 minutes. Reduce heat to moderately low, then add ground-spice mixture, garlic, turmeric, and remaining teaspoon salt and cook, stirring frequently (to prevent scorching), about 3 minutes.

- ☐ Add coconut milk and tamarind liquid and simmer, stirring, until any coconut-milk solids are dissolved, about 1 minute.
- ☐ Add chicken, skin sides up, in 1 layer (chicken will not be completely covered with liquid) and simmer, covered, until chicken is just cooked through, about 15 minutes.
- ☐ While chicken simmers, cook green beans in an 8-quart pot of boiling salted water until crisp-tender, 3 to 4 minutes.
- ☐ Drain and transfer to a bowl of ice water to stop cooking.
- ☐ Drain well.
- ☐ When chicken is done cooking, transfer with tongs to a cutting board, reserving sauce in pot, and halve each chicken breast diagonally through bone. Put chicken in a deep serving dish and keep warm, covered with foil.
- ☐ Add green beans to coconut sauce and simmer until just tender, about 1 minute.
- ☐ While beans simmer, heat remaining tablespoon oil in 10-inch heavy skillet over moderate heat until hot but not smoking.
- ☐ Add mustard seeds, then cover skillet and cook until seeds make popping sounds, about 5 seconds.
- ☐ Remove lid, then add remaining 15 curry leaves and 2 chiles and cook, stirring, until leaves crackle and chiles darken slightly, about 5 seconds.
- ☐ Pour hot oil mixture over coconut sauce and beans, then stir to combine. Season with salt, then spoon sauce and beans around chicken. Discard whole chiles if desired.
- ☐ •Chicken and coconut sauce, without green beans and spice oil, can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. •Green beans can be cooked and refreshed 1 day ahead and chilled in a sealed plastic bag. *Sometimes called meetha neem or kari patta, curry leaves are available at Indian and Asian markets.

Nutrition Facts



PROTEIN 46.6% **FAT 43.38%** **CARBS 10.02%**

Properties

Glycemic Index:19.17, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:23.422174018362%

Nutrients (% of daily need)

Calories: 213.03kcal (10.65%), Fat: 10.22g (15.72%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.05g (1.47%), Sugar: 2.33g (2.59%), Cholesterol: 72.32mg (24.11%), Sodium: 910.72mg (39.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.41%), Vitamin B3: 63.78mg (318.92%), Folate: 535.76µg (133.94%), Vitamin C: 102.87mg (124.69%), Selenium: 36.73µg (52.47%), Vitamin B6: 0.89mg (44.52%), Phosphorus: 256.74mg (25.67%), Vitamin B5: 1.63mg (16.33%), Potassium: 503.81mg (14.39%), Vitamin K: 13.96µg (13.3%), Magnesium: 44.2mg (11.05%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.11mg (7.19%), Iron: 1.27mg (7.04%), Vitamin A: 284.37IU (5.69%), Vitamin E: 0.85mg (5.63%), Zinc: 0.79mg (5.27%), Fiber: 1.26g (5.04%), Calcium: 46.58mg (4.66%), Manganese: 0.08mg (4.25%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.56%)