



Chicken Curry with Sweet Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken thighs skinless
- 2 lemon grass with the flat side of a knife cut into 3-inch pieces and bruised
- 2 tablespoons vegetable oil
- 3 tablespoons curry powder
- 2 spring onion chopped
- 3 carrots peeled
- 2 teaspoons garlic minced
- 1 pound sweet potatoes and into peeled cut into 1-inch cubes

- 1.5 cups coconut milk unsweetened
- 0.5 teaspoon salt to taste
- 0.5 cup basil cut in half
- 3 tablespoons fish sauce
- 1 tablespoon sugar
- 8 sprigs cilantro leaves cut into 2-inch pieces
- 1.5 cups chicken broth fresh low-sodium store-bought
- 1 onion yellow cut into wedges
- 1 inch ginger with the flat side of a knife peeled cut into 3 slices and bruised
- 2 teaspoons pepper dried to taste
- 1 tablespoon shallots chopped

Equipment

- bowl
- pot

Directions

- Combine 2 tablespoons of the curry powder and the salt in a bowl.
- Add the chicken and turn to coat the meat evenly. Set aside for 30 minutes.
- Heat the oil in a medium pot over moderate heat.
- Add the shallot, garlic, chili paste and the remaining 1 tablespoon curry powder, and stir until fragrant, about 10 seconds.
- Add the chicken and cook until the edges of the pieces are golden, 3 to 4 minutes.
- Add the fish sauce, sugar, lemongrass, ginger and chicken stock. Bring to a boil, then reduce the heat.
- Add the carrots and cook for 10 minutes.
- Add the coconut milk, onion and sweet potato and cook until the vegetables are tender, about 15 minutes.
- Transfer to a serving bowl, garnish with Asian basil, cilantro and scallions, and serve.

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Nutrition Facts

 **PROTEIN 28.09%**  **FAT 47.61%**  **CARBS 24.3%**

Properties

Glycemic Index:103.98, Glycemic Load:15.84, Inflammation Score:-10, Nutrition Score:43.345652248548%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 723.7kcal (36.19%), Fat: 39.13g (60.2%), Saturated Fat: 22.71g (141.91%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 35.5g (12.91%), Sugar: 15.31g (17.01%), Cholesterol: 215.46mg (71.82%), Sodium: 1710.2mg (74.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.94g (103.88%), Vitamin A: 24646.62IU (492.93%), Manganese: 1.73mg (86.32%), Selenium: 60.28µg (86.11%), Vitamin B3: 16.42mg (82.12%), Vitamin B6: 1.55mg (77.7%), Vitamin K: 71.61µg (68.2%), Phosphorus: 650.54mg (65.05%), Potassium: 1653.37mg (47.24%), Magnesium: 166.92mg (41.73%), Vitamin B5: 4.03mg (40.34%), Fiber: 9.45g (37.79%), Iron: 6.51mg (36.17%), Copper: 0.71mg (35.59%), Vitamin B2: 0.58mg (34.22%), Zinc: 5.05mg (33.65%), Vitamin B12: 1.6µg (26.75%), Vitamin B1: 0.39mg (25.88%), Vitamin E: 3.25mg (21.65%), Folate: 75.56µg (18.89%), Vitamin C: 14.25mg (17.27%), Calcium: 142.77mg (14.28%)