



Coconut & tamarind chicken curry



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 chicken thighs boneless skinless
- ☐ 3 juice of lime
- ☐ 2 tsp pepper black
- ☐ 2 tsp turmeric
- ☐ 6 tbsp vegetable oil for frying
- ☐ 3 tbsp tamarind pulp
- ☐ 400 ml coconut milk
- ☐ 160 ml full fat coconut cream canned

- ☐ 2 tbsp cilantro leaves chopped
- ☐ 4 tbsp vegetable oil
- ☐ 3 tsp mustard seeds
- ☐ 3 tbsp curry powder fresh
- ☐ 4 onion diced finely
- ☐ 8 garlic clove crushed
- ☐ 75 g ginger shredded finely
- ☐ 1 tbsp paprika
- ☐ 1200 g canned tomatoes chopped canned
- ☐ 450 ml chicken stock see
- ☐ 2 tbsp muscovado sugar

Equipment

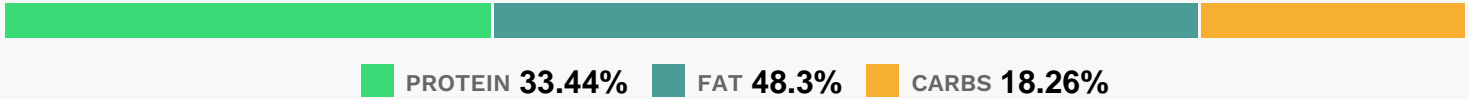
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Put the chicken in a big mixing bowl, add the lime juice, pepper and turmeric, and mix well. (Its best to use gloves for this as the turmeric stains fingers.) Set aside for 1 hr.
- ☐ Make the sauce.
- ☐ Heat the oil in a big pan, toss in the mustard seeds followed by the fresh curry leaves (if you are using dried leaves, add them later with the tomatoes) and fry until it releases a warm, nutty aroma about 30 secs.
- ☐ Add the onions, put on the lid, and cook over a low heat for 10–15 mins until meltingly soft, stirring now and then. Take the lid off, turn up the heat, add the garlic and ginger, and fry for 1 min until it gives off a toasty aroma. Stir in the paprika and continue cooking for another 30 secs.

- ☐ Add the tomatoes, stock and sugar (and dried curry leaves if using). Cook, uncovered, for 15–20 mins until the sauce has thickened and reduced by one-third.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Meanwhile, fry the chicken.
- ☐ Heat 6 tbsp oil in a frying pan and cook in batches until golden. You may need a little extra oil. Keep warm.
- ☐ Pour any excess oil from the frying pan and add a ladleful of water swirl it around and scrape up any juices with a spoon before adding to the tomato sauce.
- ☐ Put the chicken in a deep roasting tin or ovenproof casserole and pour over the sauce. Cover with foil and oven cook for 15 mins until the chicken is tender. Skim off any oil from the top of the sauce.
- ☐ Take the chicken pieces out of the tin and transfer to a serving dish.
- ☐ Pour the sauce into a pan and bring to a simmer. Stir in the tamarind pulp, coconut milk and half the coconut cream. Adjust the flavour by adding more sugar or tamarind. Ladle the sauce over the chicken, drizzle with the remaining coconut cream, and scatter with coriander before serving.

Nutrition Facts



Properties

Glycemic Index:36.1, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:32.429565056511%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 578.83kcal (28.94%), Fat: 31.79g (48.91%), Saturated Fat: 15.96g (99.73%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 22.04g (8.01%), Sugar: 12.54g (13.93%), Cholesterol: 216.07mg (72.02%), Sodium: 437.58mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.52g (99.05%), Selenium: 55.17µg

(78.81%), Vitamin B3: 15.62mg (78.1%), Vitamin B6: 1.38mg (69.09%), Phosphorus: 571.14mg (57.11%), Manganese: 1.07mg (53.52%), Potassium: 1304.84mg (37.28%), Iron: 6.41mg (35.64%), Vitamin B5: 3.28mg (32.79%), Vitamin B2: 0.54mg (32%), Magnesium: 123.29mg (30.82%), Zinc: 4.5mg (30%), Copper: 0.6mg (29.93%), Vitamin K: 29.85µg (28.43%), Vitamin B1: 0.39mg (25.69%), Vitamin B12: 1.45µg (24.11%), Vitamin C: 19.62mg (23.78%), Vitamin E: 3.22mg (21.45%), Fiber: 5g (20%), Vitamin A: 681.98IU (13.64%), Folate: 51.36µg (12.84%), Calcium: 108.46mg (10.85%)