



Creamy chicken & mango curry



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chicken thighs boneless skinless
- ☐ 2 tsp turmeric
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 onion chopped quartered
- ☐ 2 large mangos ripe
- ☐ 6 tbsp miso
- ☐ 100 g ginger roughly chopped
- ☐ 2 tsp ground cumin

- ☐ 1 tbsp onion black (kalonji or nigella)
- ☐ 400 g lite coconut milk light canned
- ☐ 600 ml chicken stock see

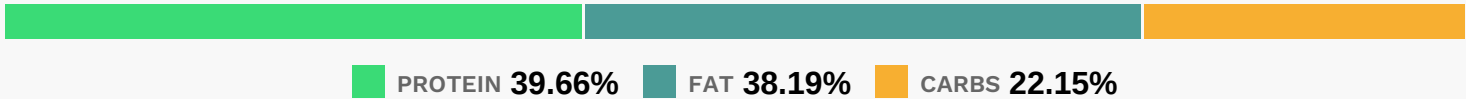
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Toss the chicken thighs with 1 tsp of the turmeric and some salt.
- ☐ Heat the oil in a big frying pan or wide flameproof casserole, and brown the thighs well on both sides.
- ☐ Remove from the pan.
- ☐ Add the chopped onion and cook for 5 mins until softened.
- ☐ Roughly cut all the flesh from one of the mangoes, scraping as much as you can from the stone. Put into a food processor with the korma paste, ginger and quartered onion. Whizz to a paste, then tip into the pan and gently cook until softened.
- ☐ Stir in the remaining turmeric, cumin and onion seeds and turn up the heat for a couple of mins. Return the chicken to the pan. Stir in the coconut milk and stock. Bring to a gentle simmer, then cover and cook for 20 mins.
- ☐ Uncover the pan and cook for another 25–30 mins until the chicken is really tender, adding a few drops of water to keep it saucy.
- ☐ Slice the remaining mango and stir in to heat through while you shred the chicken with two forks. Season and serve scattered with the coriander, with basmati rice, naan bread, chutney, lime pickle and our sides, if you like.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:27.518695852031%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 511.09kcal (25.55%), Fat: 21.28g (32.74%), Saturated Fat: 7.87g (49.21%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 24.55g (8.93%), Sugar: 14.06g (15.62%), Cholesterol: 217.74mg (72.58%), Sodium: 1041.64mg (45.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.73g (99.45%), Selenium: 55.29µg (78.98%), Vitamin B3: 15.08mg (75.39%), Vitamin B6: 1.27mg (63.61%), Phosphorus: 508.77mg (50.88%), Vitamin C: 29.23mg (35.43%), Vitamin B2: 0.57mg (33.65%), Vitamin B5: 2.99mg (29.86%), Zinc: 4.26mg (28.4%), Potassium: 967.4mg (27.64%), Vitamin B12: 1.46µg (24.33%), Magnesium: 85.95mg (21.49%), Vitamin E: 3.07mg (20.49%), Vitamin B1: 0.3mg (20.13%), Manganese: 0.39mg (19.65%), Copper: 0.39mg (19.61%), Iron: 3.48mg (19.34%), Vitamin A: 827.89IU (16.56%), Vitamin K: 15.19µg (14.47%), Folate: 56.48µg (14.12%), Fiber: 3.23g (12.93%), Calcium: 59.7mg (5.97%)