



Cumin-scented chicken curry

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 large chicken thighs bone in
- ☐ 4 tbsp unrefined sunflower oil
- ☐ 2 tsp cumin seed
- ☐ 2 medium onions sliced
- ☐ 1 piece cm of root ginger fresh shredded peeled
- ☐ 3 fat garlic cloves shredded
- ☐ 3 plump chillies green hot halved (leave in some or all of the seeds if you like a curry)
- ☐ 0.5 tsp turmeric

- ☐ 0.5 tsp garam masala
- ☐ 2 tsp paprika
- ☐ 2 large cranberry-orange relish red yellow seeded cut into rough chunks
- ☐ 2 tbsp tomato purée
- ☐ 250 ml natural yogurt
- ☐ 3 tbsp coriander chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wok

Directions

- ☐ Pull the skin off the chicken using kitchen paper to get a good grip. Set the chicken aside.
- ☐ Heat the oil in a large pan over a medium heat a wok is great for this. Fry the cumin seeds for just a few secs until they give off a lovely nutty aroma, then tip in the onions and turn the heat down low. Cook with the lid on until the onions are soft and squidgy, but not yet starting to colour 10 mins.
- ☐ Scatter in the ginger, garlic and chillies and fry for a minute or so, then sprinkle in the turmeric, garam masala and paprika. Stir in the chicken and peppers and continue frying for about 10 mins until the spice mixture clings to the chicken and the onions turn russet brown.
- ☐ Add a splash of water if they start to catch on the bottom of the pan.
- ☐ Stir the tomato pure into the yogurt, turn down the heat a fraction and swirl the yogurt into the pan followed by 125ml/4fl oz cold water. Bring to a simmer and cook gently without a lid for about 30–35 mins until the chicken is tender, stirring in a little more water if the sauce becomes dry it should thicken and take on a warm reddish tinge.
- ☐ Add salt if you want to. (Will keep in the fridge for up to 2 days.) Reheat in a covered casserole in the oven at 200C/fan 180C/gas 6 for 20–30 mins or until bubbling (you may need to stir in a splash of water if the sauce is too thick). Scatter over coriander before serving.

Nutrition Facts



 **PROTEIN 25.02%**  **FAT 66.46%**  **CARBS 8.52%**

Properties

Glycemic Index:31.75, Glycemic Load:3.79, Inflammation Score:-9, Nutrition Score:27.085652475772%

Flavonoids

Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg Naringenin: 9.4mg, Naringenin: 9.4mg, Naringenin: 9.4mg, Naringenin: 9.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 800.29kcal (40.01%), Fat: 58.9g (90.62%), Saturated Fat: 15.29g (95.57%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 13.59g (4.94%), Sugar: 10.44g (11.6%), Cholesterol: 288.83mg (96.28%), Sodium: 322.64mg (14.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.9g (99.8%), Selenium: 55.84µg (79.77%), Vitamin B3: 13.89mg (69.44%), Vitamin B6: 1.14mg (56.81%), Phosphorus: 528.14mg (52.81%), Vitamin C: 39.51mg (47.89%), Vitamin B5: 3.36mg (33.58%), Vitamin B12: 2.01µg (33.49%), Vitamin B2: 0.5mg (29.17%), Zinc: 4.09mg (27.26%), Potassium: 893.81mg (25.54%), Vitamin K: 24.48µg (23.32%), Vitamin B1: 0.31mg (20.57%), Magnesium: 76.32mg (19.08%), Vitamin A: 834.21IU (16.68%), Iron: 2.93mg (16.29%), Fiber: 3.41g (13.64%), Vitamin E: 1.86mg (12.39%), Calcium: 120.9mg (12.09%), Copper: 0.23mg (11.43%), Manganese: 0.2mg (9.9%), Folate: 38.46µg (9.61%), Vitamin D: 0.33µg (2.21%)