



Fragrant spiced chicken with banana sambal



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large onions quartered
- ☐ 4 garlic cloves
- ☐ 1 piece thumb-sized ginger peeled roughly chopped
- ☐ 600 ml chicken stock see reduced-salt
- ☐ 1 tsp ground coriander
- ☐ 1 tsp ground cumin
- ☐ 0.5 tsp ground turmeric
- ☐ 4 cardamom pods green

- ☐ 1 large chilli red deseeded finely chopped
- ☐ 2 tbsp ground almond
- ☐ 2 tbsp tomato purée
- ☐ 500 g chicken breast skinless cubed
- ☐ 1 small pack coriander chopped
- ☐ 1 small onion red finely chopped
- ☐ 0.3 cucumber diced peeled deseeded
- ☐ 1 small banana diced
- ☐ 0.5 lime zest
- ☐ 250 g pack ready-cooked brown basmati rice

Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Put the onions in a food processor with the garlic and ginger. Blitz until it is as smooth as possible, then pour in half the stock and blitz again.
- ☐ Heat a large non-stick pan, sprinkle in the spices and toast for 1 min.
- ☐ Pour in the onion mixture, the remaining stock and all but tsp of the chopped chilli.
- ☐ Add the almonds and tomato pure, and stir well. Simmer for 35 mins until completely soft, stirring every now and then and adding a little water if the mixture starts to catch on the bottom of the pan.
- ☐ Add the chicken and half the fresh coriander.
- ☐ Heat very gently for 10 mins to cook the chicken through.
- ☐ Mix all the sambal ingredients with the remaining coriander and chilli, and heat the rice following pack instructions.
- ☐ Serve the chicken and sambal with the brown rice.

Nutrition Facts



 PROTEIN **36.73%**  FAT **18.83%**  CARBS **44.44%**

Properties

Glycemic Index:57.5, Glycemic Load:8.66, Inflammation Score:-9, Nutrition Score:17.681739125563%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg

Nutrients (% of daily need)

Calories: 252.82kcal (12.64%), Fat: 5.33g (8.2%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 24.61g (8.95%), Sugar: 7.61g (8.46%), Cholesterol: 56.38mg (18.79%), Sodium: 249.2mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.79%), Vitamin B3: 11.3mg (56.5%), Manganese: 1.08mg (53.89%), Vitamin B6: 0.98mg (49.02%), Selenium: 29.92µg (42.74%), Phosphorus: 276.35mg (27.64%), Vitamin C: 22.28mg (27.01%), Potassium: 721.96mg (20.63%), Magnesium: 66.93mg (16.73%), Vitamin B5: 1.59mg (15.88%), Fiber: 3.7g (14.81%), Vitamin B2: 0.23mg (13.42%), Vitamin B1: 0.19mg (12.7%), Copper: 0.21mg (10.48%), Iron: 1.83mg (10.17%), Zinc: 1.26mg (8.38%), Folate: 31.43µg (7.86%), Calcium: 53.14mg (5.31%), Vitamin K: 4µg (3.81%), Vitamin A: 177.48IU (3.55%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.17µg (2.78%)