



 **14%**
HEALTH SCORE

Gordon Ramsay's Malaysian Chicken Curry

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

READY IN



26 min.

SERVINGS



6

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 100 ml chicken stock see
- 800 g strips. cut into bite sized pieces
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- 4 pepper flakes red trimmed
- 1 cinnamon sticks
- 2 tablespoons fish sauce
- 1 leaves cilantro leaves
- 5 garlic clove peeled

- 5 ginger fresh peeled chopped
- 400 g green beans trimmed
- 1 teaspoon turmeric
- 4 kaffir lime leaves
- 2 lemon grass trimmed sliced
- 400 ml lite coconut milk light
- 2 tablespoons soy sauce light
- 1 tablespoon cooking oil
- 2 tablespoons cooking oil
- 2 onion peeled thinly sliced
- 1 teaspoon brown sugar soft (or brown sugar)
- 1 teaspoon brown sugar soft (or brown sugar)
- 6 servings salt and pepper
- 4 shallots peeled chopped
- 3 star anise

Equipment

- food processor
- frying pan
- mortar and pestle

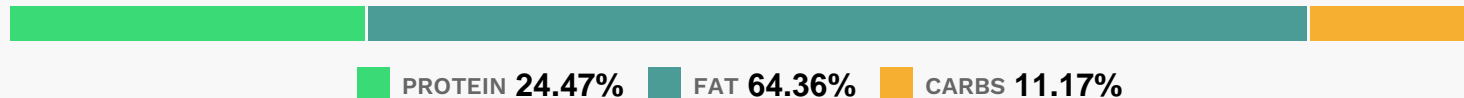
Directions

- To make the curry paste.
- Put the garlic, chillies, lemon grass, ginger and shallots in a food processor to form a paste. (Or you can use a pestle and mortar).Next, heat the oil in a large heavy-based pan. Tip in the curry paste with 1 tsp ground turmeric and stir over a medium heat for a few minutes.
- Add the onions and cook, stirring for 5 minutes.Season the chicken pieces with salt and pepper and add to the pan, stirring to coat in the paste.
- Add the lime leaves, cinnamon stick, star anise, coconut milk, stock, sugar, soy and fish sauces and bring to the boil. Reduce the heat to a simmer and cook gently for half an hour to an hour

until the chicken is tender. Skim off any excess oil on the surface of the curry. Taste add salt and pepper if you think its needs.

Add the beans and cover for another few minutes until the beans are tender. To serve, scatter the coriander leaves over the curry and serve with rice and roti.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:30.921739132508%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 783.65kcal (39.18%), Fat: 55.78g (85.81%), Saturated Fat: 16.36g (102.25%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 17.7g (6.44%), Sugar: 8.66g (9.62%), Cholesterol: 261.84mg (87.28%), Sodium: 1288.59mg (56.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.71g (95.43%), Selenium: 52.25µg (74.64%), Vitamin B3: 14.09mg (70.44%), Vitamin C: 56.73mg (68.76%), Vitamin B6: 1.36mg (68.03%), Phosphorus: 504.08mg (50.41%), Vitamin K: 44.56µg (42.44%), Manganese: 0.67mg (33.32%), Vitamin B5: 3.08mg (30.79%), Vitamin B2: 0.5mg (29.24%), Vitamin B12: 1.74µg (28.92%), Potassium: 1007.99mg (28.8%), Zinc: 3.9mg (26.01%), Magnesium: 101.12mg (25.28%), Iron: 3.88mg (21.58%), Vitamin B1: 0.32mg (21.38%), Vitamin A: 971.07IU (19.42%), Fiber: 4.08g (16.33%), Vitamin E: 2.33mg (15.53%), Copper: 0.3mg (15.23%), Folate: 56.82µg (14.2%), Calcium: 86.65mg (8.67%), Vitamin D: 0.27µg (1.78%)