



Green Chicken Curry

READY IN



65 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bunches cilantro leaves coarsely chopped
- ☐ 1 bunch mint leaves fresh coarsely chopped
- ☐ 0.5 teaspoon garam masala
- ☐ 6 cloves garlic
- ☐ 0.5 inch ginger peeled coarsely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground turmeric
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 0.5 teaspoon malt vinegar
- ☐ 6 servings warm naan bread cooked for serving
- ☐ 2 tablespoons olive oil
- ☐ 1 onion red chopped
- ☐ 2 shallots thinly sliced
- ☐ 0.3 cup milk yogurt plain whole
- ☐ 6 chicken thighs boneless skinless halved
- ☐ 0.3 cup water

Equipment

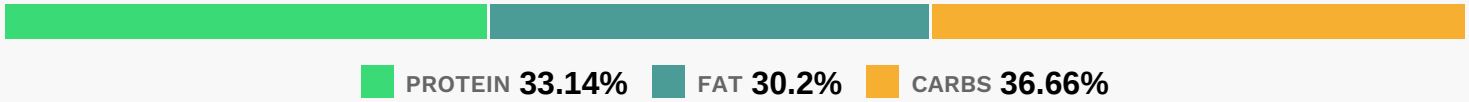
- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Add the cilantro, mint, red onion, garlic, ginger, and salt, and pepper, to taste, to a food processor or blender. Puree on high until smooth. With the processor running, add about 1/4 cup water, and blend until the mixture is the consistency of a thick paste, a.k.a. "masala". Set aside.
- ☐ In a large pot or deep skillet heat the olive oil over medium heat until shimmering.
- ☐ Add the shallot and cook, stirring often, until golden brown.
- ☐ Add the spices and cook for 30 seconds.
- ☐ Pour the masala mixture into skillet and cook, stirring often until it deepens in color and aroma. You'll know it's ready when it looks shiny, little droplets of oil will appear on the surface, and the masala will hold together as a cohesive mass.
- ☐ Add the chicken, coating every piece in the masala and stirring often. Continue to cook for 5 minutes, so that the masala really adheres to the chicken.
- ☐ Add about 1 1/2 cups water, just enough to cover the chicken, and the vinegar. Bring to a boil, and then reduce the heat and simmer, uncovered, until the chicken is tender and sauce has thickened slightly, about 20 to 25 minutes.

- ☐
- Remove the pan from heat and stir in the yogurt. Taste and adjust seasonings, if needed.
- ☐
- Transfer the mixture to a serving dish and serve over rice or with warm naan bread.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:25.04, Inflammation Score:-8, Nutrition Score:13.7221738803%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 308.54kcal (15.43%), Fat: 10.17g (15.64%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.44g (9.61%), Sugar: 2.01g (2.24%), Cholesterol: 108.68mg (36.23%), Sodium: 110.76mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.2%), Selenium: 32.45µg (46.36%), Vitamin B3: 6.76mg (33.8%), Vitamin B6: 0.68mg (33.8%), Manganese: 0.55mg (27.73%), Phosphorus: 276.04mg (27.6%), Vitamin B5: 1.78mg (17.75%), Zinc: 2.33mg (15.55%), Vitamin B2: 0.24mg (14.17%), Vitamin B12: 0.76µg (12.68%), Potassium: 416.64mg (11.9%), Magnesium: 46.03mg (11.51%), Iron: 1.9mg (10.56%), Vitamin B1: 0.15mg (9.74%), Copper: 0.16mg (7.97%), Vitamin K: 7.55µg (7.19%), Vitamin E: 0.96mg (6.41%), Calcium: 54.77mg (5.48%), Fiber: 1.33g (5.33%), Vitamin C: 3.51mg (4.25%), Folate: 15.19µg (3.8%), Vitamin A: 98.02IU (1.96%)