



Lighter massaman chicken curry



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp coriander seeds
- ☐ 2 tsp cumin seeds
- ☐ 5 cardamom pods
- ☐ 3 cloves
- ☐ 0.5 tsp chilies dried crushed
- ☐ 2 tsp canola oil
- ☐ 100 g shallots finely chopped
- ☐ 3 garlic clove finely chopped

- ☐ 2.5 ginger finely grated
- ☐ 1 lemon grass finely chopped
- ☐ 4 tbsp lite coconut milk light (from the can, below)
- ☐ 0.3 tsp pepper black
- ☐ 25 g peanuts unsalted
- ☐ 140 g shallots halved (6-7)
- ☐ 1 cinnamon sticks
- ☐ 400 ml lite coconut milk light canned
- ☐ 500 g chicken breast boneless skinless cut into bite-sized pieces
- ☐ 200 g sweet potatoes and into cut into 2½ cm chunks
- ☐ 175 g green beans ends trimmed
- ☐ 1 tbsp fish sauce
- ☐ 2 tsp tamarind paste
- ☐ 75 ml chicken stock see
- ☐ 1 leaves thai basil (or both)
- ☐ 1 small handful peanuts

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mortar and pestle

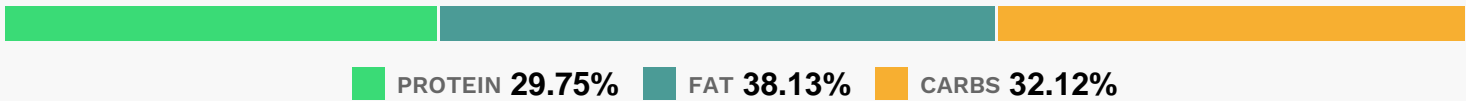
Directions

- ☐ To make the curry paste, heat a small heavy-based frying pan and drop in all the seeds and the cloves. Dry-fry over a medium heat, shaking the pan often, for 1-2 mins to release their flavours until they start popping in the pan.
- ☐ Mix in the chillies, then grind finely using a pestle and mortar or a spice grinder. Set aside.
- ☐ Heat the oil in the same pan. Tip in the shallots and garlic, and fry over a medium heat for 5-6 mins, stirring occasionally, until a deep, rich golden brown. Stir in the ground spices and stir-fry for 1 min. Spoon into a mini processor with the ginger, lemongrass and coconut milk. Blitz

until it is as smooth as you can get it, then stir in the black pepper. Can be kept in the fridge for several days.

- ☐ To make the curry, dry-fry the peanuts in a small frying pan for about 2 mins to give them extra colour and flavour. Set aside.
- ☐ Heat the oil in a large saut pan, tip in the shallots and fry over a medium heat, turning occasionally, for 8-10 mins until they are well browned all over and softened.
- ☐ Remove and set aside.
- ☐ Put the cinnamon stick and curry paste in the saut pan and cook for 1 min.
- ☐ Pour in 100ml of the coconut milk.
- ☐ Let it bubble for 2 mins, stirring occasionally, until its like a thick paste. Tip in the chicken and stir-fry in the paste over a high-ish heat for 6-8 mins or until cooked.
- ☐ Meanwhile, steam the sweet potato chunks for 8-10 mins and the beans for about 5 mins.
- ☐ Remove the pan of chicken from the heat and stir in the remaining coconut milk, the fish sauce, tamarind paste and stock.
- ☐ Lay the sweet potatoes and shallots in the curry and warm through gently over a very low heat overheating or overcooking may cause the coconut milk to curdle and thicken. If you need to thin the sauce slightly, stir in 1-2 spoons of water.
- ☐ Remove the cinnamon.
- ☐ Lay a bunch of the beans to one side of each serving bowl or plate. Spoon the curry over one end of the beans and serve scattered with the coriander, Thai basil and peanuts.

Nutrition Facts



Properties

Glycemic Index:104.88, Glycemic Load:10.11, Inflammation Score:-10, Nutrition Score:33.108261193918%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 465.85kcal (23.29%), Fat: 19.86g (30.56%), Saturated Fat: 8.7g (54.38%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 29.41g (10.69%), Sugar: 10.46g (11.62%), Cholesterol: 80.57mg (26.86%), Sodium: 654.38mg (28.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.75%), Vitamin A: 7624.34IU (152.49%), Manganese: 1.91mg (95.74%), Vitamin B3: 16.57mg (82.87%), Vitamin B6: 1.44mg (72.05%), Selenium: 43.92µg (62.74%), Phosphorus: 422.4mg (42.24%), Potassium: 1194.86mg (34.14%), Fiber: 8.23g (32.93%), Magnesium: 123.94mg (30.98%), Vitamin B5: 2.73mg (27.33%), Iron: 4.19mg (23.28%), Vitamin K: 24.16µg (23.01%), Vitamin B1: 0.32mg (21.64%), Folate: 82.98µg (20.74%), Copper: 0.38mg (19.24%), Vitamin C: 15.09mg (18.29%), Vitamin B2: 0.28mg (16.51%), Zinc: 1.93mg (12.89%), Calcium: 123.34mg (12.33%), Vitamin E: 1.08mg (7.18%), Vitamin B12: 0.27µg (4.53%)