

Mughlai Chicken - Nigella Lawson

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup almonds toasted sliced
- 2 bay leaves
- 3 lbs strips. boneless cut into 2
- 5 cardamom pods
- 1 cup chicken stock see
- 0.5 teaspoon chilies dried
- 1 cinnamon sticks
- 1 teaspoon garam masala

- 4 garlic clove peeled
- 1 inch ginger peeled
- 1 cup greek yogurt
- 4 tablespoons almond flour
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 0.5 cup cup heavy whipping cream
- 2 onion finely chopped
- 1 teaspoon salt
- 1 tablespoon sugar
- 0.5 cup golden raisins (golden raisins)
- 0.3 cup vegetable oil
- 0.5 cup water

Equipment

- food processor
- frying pan
- mortar and pestle

Directions

- Put the ginger, garlic, cumin, coriander, and chili into a food processor, or into a mortar and pestle, and blend to a paste.
- Add the ground almonds and water and then blend again, set aside.
- Heat the oil in a large pan and add the chicken pieces – in batches so they fry rather than stew – and cook them just long enough to seal on both sides, then remove to a dish.
- Add the spices and turn them in the oil.
- Add the onions and cook them until softened and lightly browned, but keep the heat gentle and stir frequently, to avoid sticking.
- Pour in the blended paste, and cook everything until it begins to colour.

Add the yogurt, half a cup at a time stirring it in to make a sauce, then stir in the stock, cream, and sultanas.

Put the browned chicken back into the pan, along with any juices that have collected under them, and sprinkle over the garam masala, sugar, and salt. Cover and cook on a gentle heat for 20 minutes, testing to make sure the meat is cooked through. It's at this stage, that I like to take the pan off the heat and leave it to cool before reheating the next day. So either now, or when you've reheated it, pour into a serving dish and scatter with the toasted flaked almonds.

Nutrition Facts

PROTEIN 21.79% **FAT 66.23%** **CARBS 11.98%**

Properties

Glycemic Index:27.97, Glycemic Load:5.77, Inflammation Score:-6, Nutrition Score:19.948695504147%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 635.82kcal (31.79%), Fat: 47.31g (72.78%), Saturated Fat: 12.7g (79.39%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 16.04g (5.83%), Sugar: 10.43g (11.59%), Cholesterol: 185.65mg (61.88%), Sodium: 482.63mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.04%), Selenium: 36.29µg (51.84%), Vitamin B3: 8.98mg (44.88%), Phosphorus: 388.5mg (38.85%), Manganese: 0.77mg (38.52%), Vitamin B6: 0.73mg (36.28%), Vitamin B2: 0.48mg (28.36%), Vitamin E: 3.33mg (22.18%), Vitamin B12: 1.29µg (21.46%), Vitamin B5: 1.95mg (19.51%), Zinc: 2.85mg (18.97%), Potassium: 644.17mg (18.4%), Magnesium: 73.51mg (18.38%), Vitamin K: 17.59µg (16.75%), Iron: 2.56mg (14.2%), Copper: 0.26mg (13.22%), Fiber: 3.21g (12.84%), Vitamin B1: 0.19mg (12.38%), Calcium: 113.19mg (11.32%), Vitamin A: 444.79IU (8.9%), Folate: 18.66µg (4.66%), Vitamin C: 3.46mg (4.2%), Vitamin D: 0.41µg (2.72%)