



Proper chicken curry

READY IN



70 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tbsp konnyaku powder
- ☐ 2 tbsp ginger paste
- ☐ 2 tbsp ginger/garlic paste
- ☐ 500 g yogurt
- ☐ 4 onion chopped cut into wedges, 2
- ☐ 2 pasilla peppers cut into large chunks
- ☐ 8 servings chicken thighs skinless cut into large chunks
- ☐ 1 tsp olive oil
- ☐ 1 bunch cilantro leaves chopped

- ☐ 2 tsp chili powder hot
- ☐ 680 ml passata
- ☐ 160 ml full fat coconut cream canned
- ☐ 8 servings naan breads

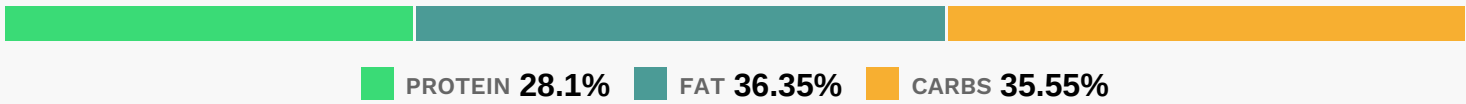
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ In a very large bowl, mix half the spice mix, 1 tbsp each of the pastes, three-quarters of the yogurt and some salt. Stir in the onion wedges, peppers and chicken, then leave to marinate overnight in the fridge.
- ☐ Fry the chopped onions in the oil until really soft.
- ☐ Add the remaining spice mix and pastes, the coriander stalks and chilli powder. Cook for 1 min, then stir in 100ml water and the passata. Simmer for 15 mins, then add the coconut cream and remaining yogurt. Leave chunky or blitz with a blender.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Spread the chicken and veg on a baking tray. Roast for 15–20 mins until cooked and slightly charred. Tip into the sauce.
- ☐ Serve with rice, naan, extra yogurt and coriander leaves.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:25.643913140763%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.12mg, Quercetin: 16.12mg, Quercetin: 16.12mg, Quercetin: 16.12mg

Nutrients (% of daily need)

Calories: 415.21kcal (20.76%), Fat: 17.14g (26.37%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 33.26g (12.09%), Sugar: 11.38g (12.65%), Cholesterol: 117.96mg (39.32%), Sodium: 1337.53mg (58.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Calcium: 678.03mg (67.8%), Phosphorus: 558.7mg (55.87%), Vitamin C: 39.84mg (48.28%), Vitamin B6: 0.84mg (42.02%), Vitamin B3: 8.18mg (40.89%), Selenium: 28.51µg (40.73%), Manganese: 0.62mg (31.18%), Potassium: 1001.54mg (28.62%), Iron: 4.41mg (24.48%), Vitamin B2: 0.4mg (23.29%), Copper: 0.47mg (23.28%), Vitamin B5: 2.18mg (21.78%), Zinc: 2.82mg (18.77%), Vitamin A: 926.2IU (18.52%), Magnesium: 72.94mg (18.23%), Fiber: 4.45g (17.8%), Vitamin E: 2.5mg (16.65%), Vitamin B12: 0.95µg (15.91%), Vitamin B1: 0.2mg (13.37%), Vitamin K: 13.09µg (12.47%), Folate: 37.79µg (9.45%)