



Spicy Chicken Coconut Curry

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 2 cups chicken stock see
- ☐ 1 to 3 chiles dried red
- ☐ 0.3 cup cilantro leaves plus more for garnish
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 1 teaspoon fennel seeds

- ☐ 4 garlic cloves finely chopped
- ☐ 1 piece ginger peeled finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings mint leaves for garnish
- ☐ 1 teaspoon mustard seeds
- ☐ 2 medium onions chopped
- ☐ 2 chiles dried red
- ☐ 1 tablespoon cardamom seeds
- ☐ 6 chicken breasts boneless skinless cut into 1-inch strips
- ☐ 2 tablespoons tomato paste
- ☐ 4 tomatoes seeded chopped
- ☐ 2 tablespoons turmeric
- ☐ 1 pound butter unsalted
- ☐ 30 ounce coconut milk unsweetened canned

Equipment

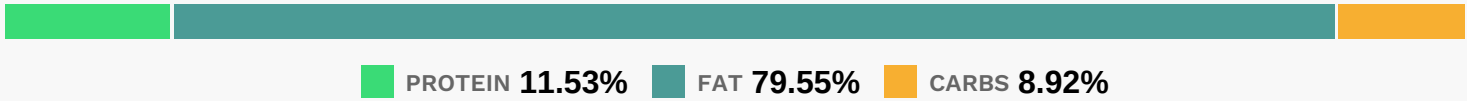
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Special equipment: several layers of cheesecloth
- ☐ Heat the Ghee in a large heavy-bottomed pot over medium-low heat.
- ☐ Add the onions, ginger, and garlic and cook slowly until the onions are very soft, about 15 minutes.

- ☐ Add the tomato paste, Curry Powder, cinnamon stick, and chiles and give it a good stir;season with salt and pepper.
- ☐ Pour in the coconut milk and chicken stock and bring it back to a simmer; cook until the sauce has thickened, about 20 minutes.
- ☐ Add the tomatoes, chicken, cilantro, and half the lemon juice; continue to simmer until the chicken is cooked through, about 10 to 15 minutes. Taste and adjust the seasoning with lemon juice, salt and pepper.
- ☐ Garnish with cilantro and mint leaves.
- ☐ Put the butter in a heavy saucepan over medium-low heat. Melt the butter slowly and make sure it does not sizzle or brown. Increase the heat and bring the butter to a boil. When the surface is covered with foam, stir gently and reduce the heat to the lowest possible setting. Gently simmer, uncovered, and undisturbed for 45 minutes, until the milk solids in the bottom of the pan have turned golden brown and the butter on top is transparent. Strain the ghee through a sieve lined with several layers of cheesecloth. The ghee should be perfectly clear and smell nutty; pour into a glass jar and seal tightly.
- ☐ Toast the coriander, cumin, cardamom, peppercorns, fennel, mustard, cloves, and the chiles in a small dry skillet over medium-low heat just until they smell fragrant, about 2 minutes. In a clean coffee grinder or spice mill, grind the toasted spices together to a fine powder.
- ☐ Add the turmeric and give it another quick buzz to combine. Use the curry powder immediately, or store in a sealed jar for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:25.532173861628%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 829.31kcal (41.47%), Fat: 75.84g (116.67%), Saturated Fat: 52.46g (327.88%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 13.35g (4.86%), Sugar: 8.42g (9.35%), Cholesterol: 177.94mg (59.31%), Sodium: 246.58mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.48%), Manganese: 1.62mg (80.97%), Vitamin B3: 11.47mg (57.34%), Selenium: 37.51µg (53.59%), Vitamin B6: 0.89mg (44.71%), Vitamin A: 2199.87IU (44%), Phosphorus: 366.91mg (36.69%), Vitamin C: 26.86mg (32.55%), Potassium: 1038.76mg (29.68%), Iron: 4.37mg (24.28%), Copper: 0.48mg (24.08%), Magnesium: 94.58mg (23.64%), Fiber: 5.79g (23.17%), Vitamin B5: 1.62mg (16.17%), Vitamin E: 2.35mg (15.67%), Vitamin K: 14.93µg (14.22%), Vitamin B2: 0.21mg (12.19%), Zinc: 1.79mg (11.96%), Folate: 45.35µg (11.34%), Vitamin B1: 0.17mg (11.26%), Calcium: 90.66mg (9.07%), Vitamin D: 0.94µg (6.23%), Vitamin B12: 0.27µg (4.43%)