



Thai Rice Curry with Herbed Chicken (Khao Mok Gai)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 10.5 oz jasmine rice
- ☐ 4 cardamom pods
- ☐ 4 chicken breast
- ☐ 4 tbsp to 5 chilies red finely chopped
- ☐ 1 cinnamon sticks
- ☐ 60 ml coconut milk ()

- ☐ 3 tbsp cilantro leaves chopped
- ☐ 12 oz cucumber cored peeled finely chopped
- ☐ 1 tbsp curry powder
- ☐ 1 tbsp ginger fresh finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 9 oz honey
- ☐ 1 tbsp miso
- ☐ 300 ml rice vinegar (10 fl oz/)
- ☐ 1 shallots finely chopped
- ☐ 3 tbsp soya sauce
- ☐ 0.3 tsp turmeric

Equipment

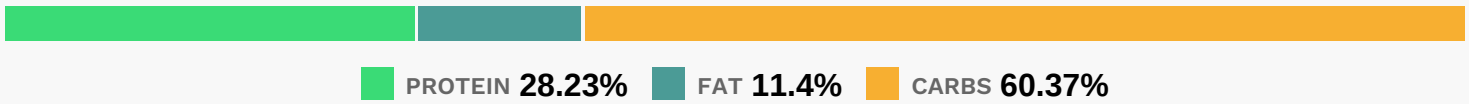
- ☐ sauce pan
- ☐ casserole dish

Directions

- ☐ In a saucepan, bring vinegar and honey to a boil. Stir frequently until the honey has dissolved and continue to cook for 10–15 minutes.
- ☐ Remove from heat. Once cooled, add cucumber, chiles and coriander and stir well. Set aside until ready to serve.
- ☐ Heat the coconut milk in a large saucepan or casserole dish which has a lid.
- ☐ Add shallot, garlic and ginger, and cook over a low to medium heat for 3–5 minutes.
- ☐ Add chicken and turn up the heat until it is evenly browned.
- ☐ Add curry powder and turmeric powder and stir well to evenly coat chicken.
- ☐ Add rice, soy sauce and miso paste, and stir well.
- ☐ Pour in 250 ml (9 fl oz/1 cup) water and stir well.
- ☐ Add cardamom pods, bay leaf and cinnamon stick. Cover and bring to a boil. Reduce heat and simmer gently for 30–35 minutes or until the rice is cooked and tender.

- ☐ Remove from heat and leave for 10 minutes leaving the lid on. After 10 minutes, fluff the rice with a fork and discard cardamom pods, bay leaf and cinnamon stick.
- ☐ Serve rice curry warm with cucumber relish on the side.
- ☐ Other
- ☐ Reprinted with permission from Chiva–Som’s Thai Spa Cuisine by Chef Paisarn Cheewinsiriwat and his Culinary Team, (C) 2005 (reprinted 2007). Editions Didier Millet PTE LTD for Chiva–Som International Health Resorts CO., LTD

Nutrition Facts



Properties

Glycemic Index:130.86, Glycemic Load:65.43, Inflammation Score:-9, Nutrition Score:34.076087029084%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 820.94kcal (41.05%), Fat: 10.28g (15.81%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 122.45g (40.82%), Net Carbohydrates: 118.34g (43.03%), Sugar: 55.56g (61.73%), Cholesterol: 144.64mg (48.21%), Sodium: 1190.29mg (51.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.26g (114.53%), Vitamin B3: 25.86mg (129.28%), Selenium: 85.64µg (122.35%), Manganese: 2.08mg (104.25%), Vitamin B6: 2.06mg (102.96%), Phosphorus: 645.14mg (64.51%), Vitamin B5: 4.38mg (43.75%), Potassium: 1279.37mg (36.55%), Vitamin C: 29.27mg (35.48%), Magnesium: 119.05mg (29.76%), Iron: 3.97mg (22.04%), Copper: 0.44mg (21.97%), Vitamin B2: 0.36mg (21.42%), Zinc: 2.99mg (19.91%), Vitamin B1: 0.26mg (17.66%), Fiber: 4.11g (16.44%), Vitamin K: 12.87µg (12.25%), Folate: 41.99µg (10.5%), Calcium: 92.45mg (9.24%), Vitamin B12: 0.46µg (7.59%), Vitamin E: 1.03mg (6.85%), Vitamin A: 315.82IU (6.32%), Vitamin D: 0.23µg (1.51%)