



The ultimate makeover: Chicken korma

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 2 medium onion chopped
- ☐ 3 garlic clove
- ☐ 1 piece ginger fresh finely chopped (to give you 2 tbsp)
- ☐ 5 cardamom pods
- ☐ 1 cinnamon sticks
- ☐ 600 g chicken breast boneless skinless cut into bite-size pieces
- ☐ 2 tsp ground coriander

- ☐ 1.5 tsp garam masala
- ☐ 0.3 tsp mace
- ☐ 0.5 tsp pepper black
- ☐ 150 ml yogurt cold
- ☐ 100 ml milk
- ☐ 2 small to 2 chillies slit shredded green deseeded
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tbsp almonds flaked toasted
- ☐ 250 g basmati rice generous with a pinch saffron cooked

Equipment

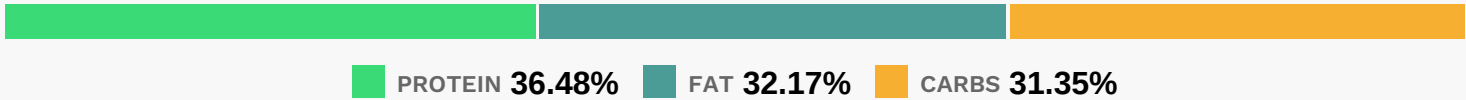
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ wok

Directions

- ☐ Heat 1 tbsp of the oil in a deep saut pan or wok. Tip in the onions, then fry over a medium-high heat for about 12–15 mins, stirring occasionally, until a rich golden colour and the pan is sticky on the bottom. While they cook, chop the garlic and ginger. Make a slit down the length of each cardamom pod just deep enough to reveal the tiny seeds.
- ☐ Remove the onions from the heat.
- ☐ Transfer a third of them to a small blender along with the garlic, ginger and 2 tbsp water. Whizz together to make a paste that is as smooth as you can get it. Set aside.
- ☐ Return the onions in the pan to the heat, add the remaining oil, cardamom pods and cinnamon stick, then stir-fry for a couple of mins. Stir in the chicken, ground coriander, 1 tsp of the garam masala, mace and black pepper, then stir-fry for another 2 mins. Reserve 3 tbsp of the yogurt, then slowly start to add the rest, 1 tbsp at a time, stirring between each spoonful. When all the yogurt has gone in, stir in the oniony paste and stir-fry for 2–3 mins. Stir in 150ml water, then the milk. Bring to a boil, then simmer, covered, for 20 mins, scattering in the chillies for the final 5 mins, by which time the chicken should be very tender.

- ☐
- Remove the cardamom pods and cinnamon. The flavours mellow all the more if refrigerated overnight. When gently reheating, splash in a little water if needed to slacken the korma sauce.
- ☐
- Finish by stirring in the chopped coriander. Taste and add a little salt if you wish. Swirl in the reserved yogurt. Spoon the korma into bowls, scatter a few almonds over each portion with a sprinkling of the remaining garam masala.
- ☐
- Serve the saffron rice on the side.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:21.22, Inflammation Score:-6, Nutrition Score:24.55347857268%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg

Nutrients (% of daily need)

Calories: 415.8kcal (20.79%), Fat: 14.75g (22.7%), Saturated Fat: 3.4g (21.22%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 28.23g (10.26%), Sugar: 6.35g (7.06%), Cholesterol: 104.14mg (34.71%), Sodium: 282.01mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.28%), Vitamin B3: 16.21mg (81.04%), Selenium: 55.03µg (78.61%), Manganese: 1.4mg (69.87%), Vitamin B6: 1.32mg (65.97%), Phosphorus: 446.5mg (44.65%), Vitamin B5: 2.74mg (27.37%), Potassium: 842.83mg (24.08%), Magnesium: 77.9mg (19.47%), Vitamin B2: 0.31mg (17.96%), Fiber: 4.12g (16.47%), Vitamin K: 17µg (16.19%), Calcium: 142.95mg (14.29%), Zinc: 1.97mg (13.13%), Vitamin C: 10.59mg (12.84%), Vitamin B1: 0.18mg (11.88%), Vitamin E: 1.61mg (10.72%), Vitamin B12: 0.58µg (9.72%), Iron: 1.58mg (8.8%), Copper: 0.17mg (8.74%), Folate: 23.2µg (5.8%), Vitamin A: 198.82IU (3.98%), Vitamin D: 0.47µg (3.15%)