



Tomato-Yogurt Chicken Curry

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 4 cardamom pods black
- 14.5 ounce canned tomatoes whole canned
- 2 tablespoons canola oil
- 3 large cinnamon sticks
- 6 servings rice cooked for serving
- 1 teaspoon cumin seeds
- 4 árbol chiles dried

- 6 servings cilantro leaves fresh chopped for topping
- 5 cloves garlic
- 0.5 inch ginger peeled roughly chopped
- 0.3 cup cardamom pods green
- 1 teaspoon honey
- 6 servings kosher salt
- 0.5 teaspoon paprika
- 1 medium onion red finely chopped
- 2 medium red-skinned potatoes cut into 1-inch cubes
- 2 tablespoons whole-milk yogurt plain greek style
- 2 pounds chicken thighs boneless skinless fat trimmed halved
- 0.3 teaspoon turmeric

Equipment

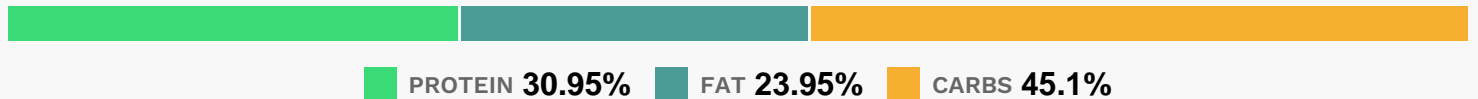
- food processor
- frying pan
- pot
- mortar and pestle
- measuring cup
- cutting board

Directions

- Heat the oil in a large, deep pot over medium heat until it shimmers.
- Sprinkle in the cumin seeds and stir; they should sizzle on contact, become fragrant and darken slightly.
- Caramelize the onion: Immediately add the red onion and bay leaves to the pot. Cook, stirring often, until the onion is dark chestnut brown, 12 to 15 minutes.
- Make the tomato base: While the onion is cooking, drain the juice from the can of tomatoes into a liquid measuring cup; set aside. Puree the tomatoes, garlic, ginger, chiles, turmeric and paprika in a food processor.

- Add the tomato base to the onion mixture and cook, stirring, until thick and paste-like, 10 minutes. When the mixture starts sticking to the bottom of the pot, add the chicken and potatoes. Cook, stirring, until the chicken is opaque and the sauce clings to the meat and potatoes, about 5 minutes.
- Add the honey to the reserved tomato juice, then add enough water to make 1 1/2 cups of liquid; pour into the pot. Season with salt to your liking and bring to a boil, then reduce the heat to medium low and gently simmer, uncovered and stirring occasionally, until the potatoes are tender and the sauce is slightly thickened, 25 to 30 minutes.
- Adjust the seasoning: Gently stir the yogurt into the curry. Taste for seasoning and add salt, if necessary.
- Sprinkle with the Garam Masala and serve over rice. Top with cilantro.
- Photograph by Coral Von Zumwalt
- Shell the cardamom: Gently crack open the green and black cardamom pods with a mortar and pestle (or crush them on a cutting board using a heavy pan).
- Remove the seeds and discard the husks.
- Grind the spices: Finely grind the cardamom seeds, cinnamon sticks and cloves in a spice or coffee grinder. Store in an airtight container away from direct sunlight for up to 1 year.

Nutrition Facts



Properties

Glycemic Index:57.21, Glycemic Load:26.7, Inflammation Score:-8, Nutrition Score:27.796521788058%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 456.66kcal (22.83%), Fat: 12.34g (18.98%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 52.28g (17.43%), Net Carbohydrates: 44.8g (16.29%), Sugar: 6.46g (7.17%), Cholesterol: 143.77mg (47.92%), Sodium: 442.03mg (19.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.87g (71.74%), Manganese: 4.16mg (207.82%), Selenium: 41.66µg (59.52%), Vitamin B3: 10.68mg (53.4%), Vitamin B6: 1.07mg (53.3%), Phosphorus: 425.86mg (42.59%), Potassium: 1130.3mg (32.29%), Fiber: 7.48g (29.93%), Zinc: 4.13mg (27.56%), Iron: 4.91mg (27.28%),

Magnesium: 106.3mg (26.57%), Vitamin B5: 2.61mg (26.07%), Vitamin B2: 0.39mg (22.84%), Copper: 0.43mg (21.59%), Vitamin C: 17.25mg (20.91%), Vitamin B1: 0.3mg (20.21%), Vitamin B12: 1.01µg (16.81%), Vitamin K: 14.91µg (14.2%), Vitamin E: 2.11mg (14.05%), Calcium: 138.72mg (13.87%), Folate: 35.09µg (8.77%), Vitamin A: 378.2IU (7.56%)