INDONESIAN · LUNCH · DINNER

Ayam Woku (Manado Chicken with Lemon Basil and Turmeric)

Ayam woku

60 min · Serves 5 · 492 kcal a serve · Video 10:30 in Indonesian · Devina Hermawan

No dairy listed

Chicken simmered, not fried, in a turmeric, chilli and herb broth with a big handful of lemon basil: about 43 g protein and 13 g net carbs a serve, with under 2 g added sugar.

Diet notes: Gluten-free with a swap: use gluten-free mushroom stock powder.

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Ingredients 22 · SERVES 5

- [ ] 1 whole **chicken** (about 1.4 kg), cut into 14–16 pieces
- [ ] 3–4 **lemongrass** stalks, sliced (for the spice blend)
- [ ] 5 **garlic** cloves
- [ ] 12 **shallots**
- [ ] 3 cm **ginger**, sliced
- [ ] 5 cm **fresh turmeric**, sliced
- [ ] 4 **red chillies**, sliced
- [ ] 6 **bird's eye chillies**
- [ ] 2 **candlenuts** (kemiri)
- [ ] **Canola or vegetable oil**: cooking oil, as needed (about 3 tbsp)
- [ ] 15 **kaffir lime leaves**
- [ ] 2 **lemongrass** stalks, pounded and knotted (removed)
- [ ] 1–2 **tomatoes**, sliced
- [ ] 400 ml **water** (reduces down)
- [ ] **sugar**, to taste (about 2 tsp)
- [ ] **salt**, to taste
- [ ] **mushroom stock powder**, to taste
- [ ] a little **pepper**
- [ ] 3 **pandan leaves**, knotted (removed)
- [ ] 4–5 **daun bawang** (Indonesian leeks), cut 1.5 cm
- [ ] 250 g **lemon basil** (kemangi)
- [ ] **Lime juice**: juice of 1 small key lime

Allergens found in the listed ingredients: Gluten, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into 14–16 small pieces so it cooks quickly and takes up the spices. 0:41
2. Slice the lemongrass, chillies, ginger and turmeric across the fibres, then pulse with the shallots, garlic and candlenuts in a food processor to a slightly chunky mince. 1:40
3. Heat the oil and sauté the spice mince until cooked and fragrant, adding the kaffir lime leaves and the pounded, knotted lemongrass. 3:08
4. When the spices have cooked down, add the sliced tomatoes and stir until they soften. 3:57
5. Add the chicken and stir to coat it in the spices; let it cook a few minutes. 4:18
6. Pour in the water to just cover, season with sugar, salt, stock powder and pepper, add the knotted pandan, and simmer, stirring now and then, until the chicken is tender and the broth has reduced. 4:52
7. Stir in the leeks, taste the thickened broth and adjust the seasoning. 7:04
8. Add the lemon basil, turn off the heat once it wilts, and stir in the key lime juice. Remove the lemongrass and pandan before serving. 8:30

> **Tip** Serves 5 (our estimate from one chicken). Devina says to use more or fewer bird's eye chillies to taste and to skip the sugar if you don't like it sweet. Eaten with rice in Manado.

The method is a summary in our words, in English — the video (in Indonesian) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
492 kcal 2,060 kJ	**43** g 85% of a day	**16** g 13 g net · 5.8 g sugars 6% of a day	**3.2** g 11% of a day	**29** g 6.2 g saturated 37% of a day	**590** mg 26% of a day

Energy from net carbs 11% · protein 35% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 220% · Omega-3 65% · Selenium 64% · Vitamin B6 52% · Vitamin C 38% · Zinc 34% · Iron 29% · Vitamin A 26% · Magnesium 22% · Vitamin E 20% · Folate 20%

Source of (10–19%) Potassium 18% · Vitamin B12 18% · Calcium 12%

Recipe and video: Devina Hermawan (@devinahermawan) on YouTube — youtube.com/watch?v=sxCxXUICb-c, published 11 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ayam-woku-manado