INDIAN · LUNCH · DINNER

Chicken Chettinad (South Indian Chicken Curry)

75 min · Serves 2 · 611 kcal a serve · Video 5:24 · Get Curried

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

About 39 g protein, 9 g fibre and 19 g net carbs a serve: chicken simmered in a paste of toasted whole spices and coconut, with no cream or sugar.

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Ingredients 23 · SERVES 2

- [ ] 1 lb **chicken**, curry cut (bone in, skinless)
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tbsp **lemon juice**
- [ ] **salt** as required, for the marinade and the curry
- [ ] 1 tbsp sesame (gingelly) oil, for the masala
- [ ] 3 tbsp **coriander seeds**
- [ ] 1 tsp **fennel seeds**
- [ ] 1 tsp **cumin seeds**
- [ ] 1 tbsp **black peppercorns**
- [ ] 1 green cardamom, 1 black cardamom, 1 star anise, 8 **cloves** and 1 blade of mace
- [ ] 1 inch **cinnamon** stick
- [ ] **Dried herbs**: 2 bay leaves and 2 black stone flowers (kalpasi)
- [ ] 6–8 **garlic** cloves
- [ ] 6 **dried Byadgi red chillies**
- [ ] ¼ cup grated **fresh coconut**
- [ ] a pinch of **fenugreek seeds**
- [ ] 1 inch **ginger**
- [ ] 1 tsp **tamarind paste**
- [ ] **water** as required, for grinding and the gravy (about ⅔ cup)
- [ ] 2 tbsp sesame (gingelly) oil, for cooking
- [ ] 15 **shallots** (small Indian onions), sliced (about 4 oz)
- [ ] 3 sprigs **curry leaves**
- [ ] **fresh coriander**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame. 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. Mix the chicken with the lemon juice, turmeric and a little salt and leave it for at least 30 minutes. 0:24
2. Heat 1 tbsp sesame oil and toast the coriander seeds, fennel, cumin, peppercorns, mace, cloves, cinnamon, star anise and cardamoms on moderate heat. Add the bay leaves, stone flower and garlic, then the dried chillies, until deep brown; tip onto a plate. 0:46
3. In the same pan, toast the coconut until brown and let everything cool. 2:07
4. Grind the spices and coconut with the fenugreek seeds, ginger, tamarind and a little water to a fine paste. 2:31
5. Heat 2 tbsp sesame oil, fry the shallots and curry leaves until golden, then add the chicken and sear on high heat for 2–3 minutes. 3:16
6. Add the masala paste, rinse the grinder with water into the pan, season with salt and bring to a boil. Cover and simmer on low for 15–20 minutes until the chicken is cooked through. 4:01
7. Finish with fresh coriander. 5:03

> **Tip** Serves 2 (our estimate for 1 lb of chicken on the bone). Chettinad masala is peppery and hot; use fewer dried chillies for a milder curry. Traditionally eaten with rice or parotta; cauliflower rice keeps it lower in carbs.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
611 kcal 2,560 kJ	39 g 78% of a day	28 g 19 g net · 7.1 g sugars 10% of a day
FIBRE	**FAT**	**SODIUM**
9.2 g 33% of a day	40 g 10 g saturated 52% of a day	730 mg 32% of a day

Energy from net carbs 13% · protein 26% · fat 61% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 68% · Vitamin B6 53% · Zinc 41% · Iron 36% · Vitamin B12 33% · Magnesium 24% · Vitamin K 23% · Potassium 20%

Source of (10–19%) Vitamin C 16% · Calcium 13% · Omega-3 11% · Folate 10%

Recipe and video: Get Curried (@getcurried) on YouTube — youtube.com/watch?v=zVYa0abkdkE, published 14 June 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/chicken-chettinad