SOUTH AFRICAN · DINNER

Durban Chicken Curry with Potatoes

55 min · Serves 4 · 505 kcal a serve · Video 3:34 · Priyanka Govender

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

A spicy Durban-style chicken and potato curry with fresh tomato and whole spices: about 39 g protein a serve and rich in selenium, vitamin B6 and zinc.

Diet notes: Low saturated fat (5.2 g, 9% of the energy).

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Ingredients 23 · SERVES 4

- [ ] about ¼ cup **vegetable oil**
- [ ] ½ **onion**, diced or sliced
- [ ] 1 sprig **curry leaves**
- [ ] 2 **green chillies**, sliced
- [ ] 1 tsp **cumin seeds**
- [ ] 1 tsp **fennel seeds**
- [ ] 1 **cinnamon** stick
- [ ] 2 **cloves**
- [ ] 2 cardamom (elachi) pods
- [ ] 1 **star anise**
- [ ] 1 **bay leaf**
- [ ] 1 tsp **ginger and garlic paste**
- [ ] 1 tsp **crushed garlic**
- [ ] 4 tbsp **Kashmiri mixed masala** (Durban red masala)
- [ ] ¼ tsp **ground turmeric**
- [ ] ½ tsp dhania and jeera (coriander-cumin) powder
- [ ] ½ tsp **garam masala**
- [ ] 1 large **tomato**, grated
- [ ] 1 tsp **salt**
- [ ] 2¼ lb **chicken** pieces on the bone (thighs and drumsticks), skin removed
- [ ] 2 small **potatoes**, peeled and quartered
- [ ] 1 cup **hot water**
- [ ] **fresh coriander** (dhania), to garnish

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

Allergens found in the listed ingredients: none. 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. Heat the oil in a pot and cook the onion, curry leaves and green chillies over medium heat until the onion is soft and starting to brown. 0:09
2. Add the whole spices (cumin and fennel seeds, cinnamon, cloves, cardamom, star anise, bay leaf) and cook a few minutes, then stir in the ginger-garlic paste and crushed garlic. 0:17
3. Add the masala, turmeric, dhania-jeera and garam masala and braise 1–2 minutes so they don't taste raw. Add the grated tomato, a dash of water and the salt; cover and cook until the oil rises to the surface. 0:35
4. Add the chicken, coat it in the gravy, cover and cook about 5 minutes. Add the potatoes (poke a few holes in them), pushing them into the gravy, cover and cook 5–10 minutes. 1:29
5. Pour in the hot water and simmer 20–25 minutes, stirring every 5 minutes, until the potatoes are soft and the gravy has thickened. Garnish with coriander. 2:38

> **Tip** The cook doesn't give servings; 2¼ lb chicken with 2 potatoes serves about 4 (our estimate). Serve with basmati rice or roti and a carrot salad. Masala blends vary in heat, so start with less if unsure.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
505 kcal 2,110 kJ	39 g 77% of a day	22 g 17 g net · 3.6 g sugars 8% of a day

FIBRE	FAT	SODIUM
5.6 g 20% of a day	30 g 5.2 g saturated 38% of a day	730 mg 32% of a day

Energy from net carbs 14% · protein 32% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 86% · Selenium 61% · Vitamin B6 53% · Zinc 39% · Vitamin E 35% · Vitamin B12 34% · Iron 27% · Vitamin K 27% · Vitamin A 25% · Potassium 22%

Source of (10–19%) Magnesium 19% · Vitamin C 19% · Folate 11%

Recipe and video: Priyanka Govender (@InspiredByPri) on YouTube — youtube.com/watch?v=2OPIOQE5v1M, published 22 July 2024. 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/durban-chicken-curry-potatoes