FILIPINO · DINNER

Filipino-Style Chicken Curry with Coconut Milk

60 min · Serves 6 · 457 kcal a serve · Video 4:46 · Kawaling Pinoy

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

A one-pan chicken curry with potato, carrot and two kinds of bell pepper in a coconut milk sauce: about 32 g protein a serve and rich in vitamins A and C.

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Ingredients 15 · SERVES 6

- [ ] ¼ cup **canola oil** (all but about 1 tbsp poured off after frying the vegetables)
- [ ] 2 medium **potatoes**, peeled and quartered
- [ ] 2 large **carrots**, peeled and cubed
- [ ] ½ **green bell pepper**, cubed
- [ ] ½ **red bell pepper**, cubed
- [ ] 1 **onion**, cubed
- [ ] 3 cloves **garlic**, minced
- [ ] **ginger**, a thumb-size piece, peeled and julienned
- [ ] 1 **bone-in chicken** (3 lb), cut into serving pieces
- [ ] 1 tbsp **fish sauce**
- [ ] 1 cup **coconut milk**
- [ ] 1 cup **water**
- [ ] 2 tbsp **curry powder**
- [ ] **salt** to taste
- [ ] **pepper** to taste

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

Allergens found in the listed ingredients: Fish. 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 wide pan over medium heat. Brown the potatoes 2–3 minutes and lift out, then the carrots 1–2 minutes. Pour off the excess oil, leaving about 1 tbsp. 0:20
2. Cook the bell peppers for 30–40 seconds and set them aside. 1:14
3. Add the onion, garlic and ginger and cook until soft. Add the chicken and brown lightly, then add the fish sauce and cook 1 minute. 1:34
4. Pour in the coconut milk and water, bring to a simmer and skim off any scum. Cover and simmer on low 20–30 minutes until the chicken is cooked through. 2:36
5. Return the potatoes and carrots and cook 3–5 minutes until tender. Stir in the curry powder and cook 2–3 minutes until the sauce thickens. 3:18
6. Season with salt and pepper, add the bell peppers for a minute so they stay crisp, and serve hot. 3:54

> **Tip** Serve with steamed rice. The cook says boneless, skinless thigh or breast also works. Keeps 3 days in the fridge.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
457 kcal 1,910 kJ	32 g 64% of a day	21 g 17 g net · 3.9 g sugars 8% of a day

FIBRE	FAT	SODIUM
4.2 g 15% of a day	28 g 12 g saturated 35% of a day	740 mg 32% of a day

Energy from net carbs 15% · protein 29% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 51% · Vitamin B6 45% · Vitamin C 40% · Omega-3 33% · Vitamin A 30% · Zinc 25% · Iron 22%

Source of (10–19%) Potassium 18% · Magnesium 18% · Vitamin E 15% · Vitamin B12 14% · Vitamin K 12% · Folate 12%

Recipe and video: Kawaling Pinoy (@KawalingPinoyBlog) on YouTube — youtube.com/watch?v=P1MTX504J5s, published 7 March 2023. 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/filipino-chicken-curry-coconut