INDONESIAN · DINNER

Gulai Ayam (Padang-Style Chicken Curry)

100 min · Serves 16 · 243 kcal a serve · Video 9:30 · Devina Hermawan

Gluten-free ingredients · No dairy listed

Skinless chicken simmered in a fresh chilli, galangal and turmeric gravy with no flour or starch: about 13 g protein and 5 g net carbs a serve, and the sugar is optional.

Diet notes: Keto (5.1 g net carbs a serve); Paleo with a swap: olive, avocado or coconut oil instead of the oil, leave out the stinky beans, leave out the sugar.

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Ingredients 24 · SERVES 16

- [ ] 2 kg **rooster** (or chicken), quartered, skin removed
- [ ] **breast meat** from the same 2 kg of chicken
- [ ] 120 g large **red chillies**, seeds removed
- [ ] 20 g **green Thai chillies**
- [ ] 35 g **galangal**, sliced
- [ ] 15 g **ginger**, sliced
- [ ] 15 g **fresh turmeric**
- [ ] 30 g **candlenuts**
- [ ] 15 **stinky beans** (petai), peeled and halved (optional)
- [ ] 60 g **garlic**
- [ ] 75 g **shallots**
- [ ] 150 g **oil**
- [ ] 200 ml **water**, for blending
- [ ] 4 **lemongrass** stalks, bruised (for infusing)
- [ ] 1 **turmeric leaf**, knotted
- [ ] 8 **Indonesian bay leaves** (salam)
- [ ] 8 **kaffir lime leaves**
- [ ] 2 tbsp **Sari Minang spice mix** (or rendang spice mix)
- [ ] 5 pieces **asam kandis** (dried garcinia), or a little tamarind
- [ ] 350 ml **coconut milk**
- [ ] 1.2 litres **water**
- [ ] 1½ tbsp **salt**
- [ ] 2 tsp **MSG** (entered as its sodium)
- [ ] 1 tbsp **sugar** (optional)

Allergens found in the listed ingredients: 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. Fry the galangal, ginger, candlenuts, turmeric, both chillies and the stinky beans (if using) in a little of the oil until wilted and lightly browned. Let cool. 2:52
2. Blend the fried spices with the raw garlic and shallots, the rest of the oil and the 200 ml water until very smooth. 4:21
3. Fry the paste with the bruised lemongrass, turmeric leaf, bay and lime leaves, the Sari Minang spices and asam kandis until fragrant and cooked, with no raw smell. 4:56
4. Add the 1.2 litres water and the coconut milk, season with salt, MSG and sugar (if using) and bring to the boil. 6:02
5. Add the chicken, cover, and cook on low heat for 45–60 minutes until tender. Taste, and blend or strain the gravy if you want it smoother. 6:25

> **Tip** Serve with rice, fresh vegetables and green chilli sambal; boiled eggs or tofu can go into leftover gravy. The cooked paste freezes well. Use half the recipe for a smaller batch.

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

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
243 kcal 1,010 kJ	13 g 27% of a day	6.3 g 5.1 g net · 2 g sugars 2% of a day

FIBRE	FAT	SODIUM
1.1 g 4% of a day	19 g 5.9 g saturated 24% of a day	760 mg 33% of a day

Energy from net carbs 8% · protein 21% · fat 71% — fits keto: 5.1 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Omega-3 56% · Selenium 24%

Source of (10–19%) Vitamin B6 19% · Vitamin E 15% · Vitamin C 14% · Iron 10% · Zinc 10%

Recipe and video: Devina Hermawan (@devinahermawan) on YouTube — youtube.com/watch?v=xp0o9TRFciE, published 18 December 2025. 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/gulai-ayam-padang-chicken-curry