CARIBBEAN · DINNER

Guyanese Chicken Curry

80 min · plus 1 hour to overnight marinating · Serves 6 · 330 kcal a serve

Video 7:55 · Chef Devan Rajkumar

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

Skinless chicken cooked in a well-fried curry, garam masala and cumin base: about 31 g protein and 6 g fibre a serve, with a modest amount of oil and no added sugar.

Diet notes: Low saturated fat (2.7 g, 7% of the energy).

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Ingredients 24 · SERVES 6

- [ ] 1 whole **chicken** (about 4 lb), bone-in, skin off, cut into 2–3 inches pieces (dark meat)
- [ ] **Chicken breast**: the breast pieces of the same chicken
- [ ] 2 **garlic** cloves, minced (marinade)
- [ ] 2 sprigs **thyme**, leaves (marinade)
- [ ] 2 tbsp **curry powder** (marinade)
- [ ] 2 tsp **garam masala** (marinade)
- [ ] 1 **wiri wiri pepper** (or ½ scotch bonnet), finely sliced (marinade)
- [ ] 1½ tsp **kosher salt** (marinade)
- [ ] 1 tsp **freshly cracked black pepper**
- [ ] 2 tsp **grapeseed or vegetable oil** (marinade)
- [ ] 1 large **onion**, finely diced
- [ ] 4 **garlic** cloves, minced
- [ ] 5 sprigs **thyme**, leaves
- [ ] 2 tbsp **curry powder**
- [ ] 2 tbsp **garam masala**
- [ ] 1 tsp **geera** (ground roasted cumin)
- [ ] 1 tsp **ground turmeric**
- [ ] 3 **scallions**, finely sliced
- [ ] 2 **wiri wiri peppers** (or 1 scotch bonnet), finely sliced
- [ ] ½ tsp **kosher salt**
- [ ] 2 tbsp **grapeseed or vegetable oil**
- [ ] 1 large **potato**, cut into 1¼–2 inches pieces
- [ ] 1½ cups **water** for the gravy (plus splashes of hot water to deglaze, cooked off)
- [ ] 2 **scallions**, sliced, 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. Toss the chicken with the marinade ingredients: oil, garlic, thyme, wiri wiri pepper, salt, black pepper, curry powder and garam masala. Cover and refrigerate for at least 1 hour, ideally overnight. 0:12
2. Heat the 2 tbsp oil in a karahi or large pot over medium heat and soften the onion with a pinch of the salt. Add the garlic and cook for a minute. 2:04
3. Stir in the curry powder, garam masala, geera, turmeric, scallions and wiri wiri peppers. Cook on low-medium heat for 10–15 minutes, adding a splash of hot water and scraping the bottom whenever it gets dry, so nothing burns. 2:39
4. Add the chicken and toss well. Cover and cook for 20–30 minutes, stirring now and then; uncover once the juices run out and cook them down, scraping up the browned bits. 4:18
5. Add the potato and 1½ cups water, cover and simmer for about 30 minutes until the potato is tender and the gravy has thickened. Adjust the salt and scatter over the scallions. 6:03

> **Tip** Serves 6 (our estimate). Chef Dev serves it on boiled chow mein noodles with a quick salted cabbage, carrot and parsley slaw. For bunjal (dry) curry, add just a splash of water and cook it right down.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
330 kcal 1,380 kJ	31 g 62% of a day	19 g 13 g net · 2.6 g sugars 7% of a day

FIBRE	FAT	SODIUM
6.3 g 22% of a day	15 g 2.7 g saturated 19% of a day	610 mg 27% of a day

Energy from net carbs 17% · protein 40% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 50% · Vitamin B6 43% · Omega-3 41% · Vitamin K 36% · Zinc 23% · Vitamin E 23% · Iron 22% · Vitamin B12 20%

Source of (10–19%) Magnesium 16% · Potassium 15% · Vitamin C 12% · Folate 11%

Recipe and video: Chef Devan Rajkumar (@chefdevanofficial) on YouTube — youtube.com/watch?v=0t7FOtZpPhE, published 30 September 2021. 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/guyanese-chicken-curry-chef-dev