MALAYSIAN · DINNER

Kapitan Chicken (Malaysian Nyonya Chicken Curry)

85 min · Serves 4 · 673 kcal a serve · Video 9:34 · Marion Grasby

Gluten-free ingredients · No dairy listed

Chicken thigh braised in a fresh chilli, galangal and lemongrass paste with coconut milk: about 42 g protein a serve and only a teaspoon of sugar in the whole pot.

Diet notes: Keto (9.6 g net carbs a serve).

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Ingredients 18 · SERVES 4

- [ ] 10 **dried red chillies**, soaked in hot water (keep the soaking water)
- [ ] 5 small **red shallots**, chopped
- [ ] 1½ inches piece **galangal**, peeled and chopped
- [ ] 1¼ inch piece **ginger**, peeled and chopped
- [ ] 3 **garlic** cloves, chopped
- [ ] 1 **lemongrass** stalk, white part only, chopped
- [ ] 4 **candlenuts or macadamia nuts**
- [ ] 1½ tsp **ground turmeric**
- [ ] 1 tsp **shrimp paste** (belacan)
- [ ] ⅓ cup **peanut oil**
- [ ] 1¾ lb **chicken thigh fillets**, excess fat trimmed, quartered
- [ ] 1 × 1¼ cups can **coconut milk**
- [ ] ½ cup **water**
- [ ] 6 makrut (kaffir) lime leaves, scrunched
- [ ] 1 **lemongrass** stalk (or the tough outer layers), bruised, for infusing
- [ ] 1 tbsp **fresh lime juice**
- [ ] 1 tsp **caster sugar**
- [ ] **salt**: a large pinch in the paste, a pinch in the curry, more to taste

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

Allergens found in the listed ingredients: Crustacea, Peanut, 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. Soak the dried chillies in hot water until soft, then squeeze them out, keeping the soaking water. Roughly chop them. 0:33
2. Blend the chillies, shallots, galangal, ginger, garlic, chopped lemongrass, candlenuts, shrimp paste and a large pinch of salt to a smooth paste, adding chilli water a spoonful at a time. Stir in the turmeric. 1:09
3. Heat the peanut oil in a large saucepan, add the paste and fry over low heat, stirring often, about 10 minutes until the oil separates and rises. 5:41
4. Turn the heat up, add the chicken and stir often for about 10 minutes until sealed and coated in the paste. 6:26
5. Add the coconut milk, ½ cup water, scrunched lime leaves, bruised lemongrass and a pinch of salt. Simmer gently for 30–35 minutes until the sauce is thick and the chicken very tender. 6:39
6. Season with the lime juice, sugar and more salt to taste, and serve. 7:47

> **Tip** Serve with steamed rice or roti. The video uses chicken marylands cut into pieces; the written recipe uses thigh fillets. Fewer chillies make it milder. 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 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
673 kcal 2,820 kJ	42 g 84% of a day	11 g 9.6 g net · 2.7 g sugars 4% of a day

FIBRE	FAT	SODIUM
1.7 g 6% of a day	52 g 21 g saturated 67% of a day	640 mg 28% of a day

Energy from net carbs 6% · protein 25% · fat 69% — fits keto: 9.6 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Selenium 74% · Vitamin B6 43% · Zinc 42% · Vitamin B12 38% · Iron 31% · Vitamin E 23% · Magnesium 20%

Source of (10–19%) Potassium 16%

Recipe and video: Marion Grasby (@mariongrasby) on YouTube — youtube.com/watch?v=Luo1LwY4qXE, published 22 April 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/kapitan-chicken-curry