INDIAN · LUNCH · DINNER

Keto Chicken Korma

45 min · Serves 3 · 377 kcal a serve · Video 8:41 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · No nuts listed

A korma without cashews, cream or sugar: chicken legs simmered in a fried-onion and yoghurt sauce give about 24 g of protein and only about 6 g of net carbs a serve, with two-thirds of the energy from fat, mostly the ghee.

Diet notes: Keto (6.1 g net carbs a serve).

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Ingredients 20 · SERVES 3

- [ ] 1 **onion** (about 100 g), sliced as thinly as possible
- [ ] 4 tbsp **ghee**
- [ ] 100 g **full-fat yoghurt**
- [ ] 3 **whole cloves**
- [ ] 3 **green cardamom pods**
- [ ] 1 **bay leaf**
- [ ] 8 whole **black peppercorns**
- [ ] 1 **star anise**
- [ ] 1 **cinnamon** stick
- [ ] 450 g **skinless bone-in chicken legs** (drumsticks and thighs)
- [ ] **salt**, to taste
- [ ] 10 g **ginger-garlic paste**
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tsp **Kashmiri red chilli powder**
- [ ] 1 tsp **coriander powder**
- [ ] 1 tsp **cumin powder**
- [ ] ½ tsp **garam masala**
- [ ] a little **water**, to rinse out the blender (about 60 ml)
- [ ] a whole bunch of **fresh coriander**, to garnish
- [ ] a few drops kewra (screw pine) essence

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

Allergens found in the listed ingredients: Milk. 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 ghee in a wok and fry the thinly sliced onion on low to medium heat, stirring now and then, until deep brown and crisp. Lift the onions out, leaving the ghee in the pan. 1:29
2. Blend the fried onions with the yoghurt to a smooth paste. 2:16
3. Reheat the ghee and fry the cloves, cardamom, bay leaf, peppercorns, star anise and cinnamon for about 30 seconds. 2:33
4. Add the chicken, season well with salt, stir in the ginger-garlic paste and fry for about 2 minutes. Add the turmeric, chilli, coriander, cumin and garam masala and fry for another 1–2 minutes. 3:03
5. Stir in the onion-yoghurt paste, rinse the blender with a little water and add it too. Cover and cook for 10–15 minutes until the chicken is tender. 4:24
6. Stir through the fresh coriander and a few drops of kewra and serve. 5:08

> **Tip** Serves 3, as on the cook's recipe card. Eat with cauliflower rice to keep it keto. For a milder, creamier korma the cook suggests stirring in a little cream or coconut cream.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
377 kcal	24 g	8.3 g
1,580 kJ	48% of a day	6.1 g net · 3.2 g sugars
		3% of a day

FIBRE	FAT	SODIUM
2.1 g	28 g	490 mg
8% of a day	14 g saturated	21% of a day
	36% of a day	

Energy from net carbs 7% · protein 26% · fat 67% — fits keto: 6.1 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 39% · Vitamin K 32% · Vitamin B12 26% · Vitamin A 25% · Vitamin B6 25% · Zinc 24%

Source of (10–19%) Iron 14% · Magnesium 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=Up-XVzQxIrU, published 29 January 2018. 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/keto-chicken-korma-ghee