BURMESE · LUNCH · DINNER

Burmese Chopped Chicken Curry (Kyet Thar Sin Kaw)

ကြက်သားစဉ်းကော အစပ်

35 min · plus 30 minutes marinating Serves 3 534 kcal a serve

Video 4:45 in Burmese · Cook for K1

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

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Chopped chicken thigh cooked in a garlic, onion and lemongrass paste: about 28 g protein and 13 g net carbs a serve, with no added sugar.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the sunflower oil.

Ingredients 12 · SERVES 3

- [ ] 20 **garlic** cloves
- [ ] 3 small **red onions**
- [ ] 1 **lemongrass** stalk
- [ ] a little **coriander**, with roots
- [ ] a few **fresh chillies**, sliced
- [ ] 2 **deboned chicken legs** (thighs), skin on (about 440 g), roughly chopped
- [ ] ⅛ tsp **MSG or chicken powder**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **ground turmeric**, divided
- [ ] 80 ml **sunflower oil**
- [ ] 1 tbsp **chilli powder**
- [ ] **hot water**, just to cover the chicken (mostly cooked off)

Amounts in metric 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. Peel the garlic and onions and chop the lemongrass, then blend or pound them together to a coarse paste. 0:14
2. Wash the coriander, cut off the roots for frying and chop the leaves for the end. Slice the chillies. 0:50
3. Cut the boneless chicken into small pieces and chop it roughly with a knife (not to a fine mince). Mix with the MSG or chicken powder, salt and ¼ tsp turmeric and marinate 30 minutes. 1:08
4. Heat the oil in a wok and fry the garlic, onion and lemongrass paste, stirring, until golden and fragrant. 1:54
5. Add the other ¼ tsp turmeric and the chilli powder and fry until the raw smell is gone, then add the coriander roots and chillies. 2:20
6. Add the chicken and stir over low heat until its juices have dried up and the meat firms. 2:44
7. Pour in hot water just to cover the chicken, put the lid on and cook over medium heat for about 10 minutes, until cooked through. 3:10
8. Uncover, turn up the heat and cook until the water is gone and the oil separates and rises, scattering over the coriander leaves near the end. 3:28

> **Tip** Serves 3 (our estimate from 2 chicken legs). It is a 'sipyan' curry, where the oil rises to the top; spooning some off before serving cuts the fat a lot. Eat with rice or steamed greens.

The method is a summary in our words, in English — the video (in Burmese) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
534 kcal	28 g	16 g	2.7 g	41 g	940 mg
2,230 kJ	56% of a day	13 g net · 3.3 g sugars 6% of a day	9% of a day	6.4 g saturated 52% of a day	41% of a day

Energy from net carbs 10% · protein 21% · fat 69% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 145% · Selenium 50% · Vitamin B6 43% · Vitamin E 37% · Vitamin K 32% · Zinc 26% · Vitamin C 22%

Source of (10–19%) Iron 16% · Vitamin A 14% · Vitamin B12 14% · Potassium 12% · Magnesium 11%

Recipe and video: Cook for K1 (@Cookfork1) on YouTube — youtube.com/watch?v=pHcpSBeLs3g, published 12 January 2022. 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/kyet-thar-sin-kaw