INDIAN · LUNCH · DINNER

Madurai Pepper Chicken (Milagu Kozhi in Sesame Oil)

பெப்பர் சிக்கன்

50 min · Serves 12 · 506 kcal a serve · Video 10:51 in Tamil · Chef Deena's Kitchen

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

Skinless chicken cooked dry in a peppery onion masala with no flour or sugar: about 40 g protein and 11 g net carbs a serve, with over a quarter of a day's iron.

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Ingredients 18 · SERVES 12

- [ ] ¾ cup gingelly (untoasted sesame) oil
- [ ] 1 tsp **fennel seeds**
- [ ] 6½ lb **skinless chicken**, curry-cut pieces on the bone
- [ ] 1 tsp **ground turmeric**
- [ ] 11 oz **onions**, sliced
- [ ] 6 **dried red chillies**, broken
- [ ] 2 handfuls **curry leaves**
- [ ] 6 **green chillies**
- [ ] 5 oz **shallots** (small onions), crushed
- [ ] 5 oz **garlic**, crushed to a paste
- [ ] 3½ oz **ginger**, crushed to a paste
- [ ] 3½ oz **tomatoes**, chopped
- [ ] **rock salt**, to taste
- [ ] 1¾ oz **coriander powder**
- [ ] 1–1½ oz **freshly ground black pepper**
- [ ] 1 oz **cumin powder**
- [ ] 1 tsp **curry masala** (homemade or Sakthi brand)
- [ ] 2 handfuls **coriander leaves**, chopped

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

Allergens found in the listed ingredients: Sesame. 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 about half the sesame oil in a heavy iron kadai, add the fennel seeds, then the chicken and turmeric. Toss for 5–6 minutes until the moisture dries off and the chicken is about 70% cooked; lift it out. 2:28
2. Heat the rest of the oil (keep a spoonful back) and cook the sliced onions until just translucent. 4:24
3. Add the dried red chillies, curry leaves, green chillies and crushed shallots and fry briefly. 4:58
4. Add the garlic paste, then the ginger paste, and fry well. Add the tomatoes and rock salt with a splash of water and cook until soft and thick. 5:38
5. Stir in the coriander powder, return the chicken and toss gently for about 5 minutes, then simmer 5 minutes more until the masala clings and looks dry. 6:35
6. Add the black pepper, cumin powder and curry masala and toss until the chicken turns deep dark brown. 7:20
7. Scatter over the coriander leaves, drizzle with the reserved raw sesame oil and turn off the heat. 8:03

> **Tip** Serves 12 (our estimate for 6½ lb chicken; scale down for home). His written list adds 1¾ oz chilli powder, but on camera only coriander, cumin and pepper go in. Use an iron pan. Eaten with rasam and rice; cauliflower rice is lower in carbs.

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

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
506 kcal 2,120 kJ	**40** g 79% of a day	**16** g 11 g net · 2.7 g sugars 6% of a day	**4.3** g 15% of a day	**32** g 6.6 g saturated 41% of a day	**530** mg 23% of a day

Energy from net carbs 9% · protein 33% · fat 58% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 68% · Vitamin B6 46% · Zinc 39% · Vitamin B12 35% · Iron 27%

Source of (10–19%) Vitamin K 19% · Magnesium 18% · Potassium 15% · Vitamin C 14% · Omega-3 10%

Recipe and video: Chef Deena's Kitchen (@chefdeenaskitchen) on YouTube — youtube.com/watch?v=pJz2yjJ5CKQ, published 27 August 2026. 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/madurai-pepper-chicken