WEST AFRICAN · DINNER

Nigerian Chicken Curry Sauce with Peppers and Carrots

40 min · plus 1 hour marinating | Serves 4 | 344 kcal a serve | Video 12:03 · Tspices Kitchen

No dairy listed | No nuts listed

Chicken breast with three colours of pepper and carrots in a thin, cornflour-thickened curry gravy: about 32 g protein, 6 g fibre, over a day's vitamin C and half a day's vitamin A a serve.

Diet notes: Low saturated fat (1.8 g, 5% of the energy); Paleo with a swap: arrowroot or tapioca starch instead of the corn flour, olive, avocado or coconut oil instead of the canola or vegetable oil, olive, avocado or coconut oil instead of the oil; Gluten-free with a swap: Use a gluten-free stock powder.

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Ingredients 23 · SERVES 4

- [ ] 1 lb **chicken breast**, cut into bite-size chunks
- [ ] 1½ tsp **seasoning powder** (stock powder) in the marinade, plus ½ tsp with the vegetables
- [ ] 1 tbsp **curry powder** (marinade)
- [ ] 1 tsp **dried thyme** (marinade)
- [ ] 1 tsp **ground ginger** (marinade)
- [ ] 1 tsp **garlic powder** (marinade)
- [ ] 1 tsp **black pepper** (marinade)
- [ ] 1 tsp **ground red pepper** (marinade)
- [ ] 1 tsp **onion powder** (marinade)
- [ ] 1 tsp **salt** (marinade)
- [ ] **Canola or vegetable oil**: 1 cooking spoon vegetable oil (about 2 tbsp)
- [ ] 1 big **onion**, chopped (for the chicken and the vegetables)
- [ ] 1–2 cups **water** (about 1½ cups)
- [ ] a little more **oil** for the vegetables (about 1 tbsp)
- [ ] 1 tsp **curry powder** (with the vegetables)
- [ ] 1 tsp **dried thyme** (with the vegetables)
- [ ] 1 **red bell pepper**, cut into medium pieces
- [ ] 1 **green bell pepper**, cut into medium pieces
- [ ] 1 **yellow bell pepper**, cut into medium pieces
- [ ] 2–3 medium **carrots**, sliced
- [ ] 1 tsp **salt** (to finish), or to taste
- [ ] 1–2 tbsp **corn flour** (cornstarch), for the slurry
- [ ] 1 cup **water**, for the slurry

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

Allergens found in the listed ingredients: Gluten. 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 seasoning powder, curry powder, thyme, ground ginger, garlic and onion powder, black and red pepper and salt. Marinate for about an hour (or overnight in the fridge). 1:03
2. Heat the cooking spoon of oil in a pot, add some of the onion and the chicken and stir-fry until the chicken is white all over and just starting to brown. 5:02
3. Pour in about 1½ cups water, stir and bring to a boil. 7:38
4. In a separate pan heat a little oil and fry the rest of the onion with the extra curry powder and thyme, then add the peppers and carrots with ½ tsp seasoning powder and stir-fry 3–5 minutes so they stay crisp. 7:54
5. Tip the vegetables into the chicken pot, season with salt to taste, cover and simmer 7–8 minutes. 9:31
6. Whisk the corn flour into 1 cup water until smooth, stir it into the pot and simmer briefly until the sauce thickens to your liking. 6:07

> **Tip** Serves 4 (our estimate); serve with rice, as the cook does. Salty as made: about 1,550 mg sodium a serve from the salt and seasoning powder; skip the finishing 1 tsp salt to bring it under 1,000 mg. Any chicken cut works.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
344 kcal 1,440 kJ	**32 g** 64% of a day	**22 g** 16 g net · 8.6 g sugars 8% of a day
FIBRE	**FAT**	**SODIUM**
6.3 g 23% of a day	**14 g** 1.8 g saturated 18% of a day	**1,560 mg** 68% of a day

Energy from net carbs 20% · protein 40% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 148% · Omega-3 64% · Vitamin B6 61% · Vitamin A 57% · Selenium 50% · Vitamin E 30% · Vitamin K 22%

Source of (10–19%) Folate 17% · Potassium 16% · Magnesium 15% · Zinc 15% · Iron 14% · Vitamin B12 13%

⚠ One serve has about 68% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Tspices Kitchen (@tspiceskitchen) on YouTube — youtube.com/watch?v=sPbrh0JFVv8, published 22 March 2023. 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/nigerian-chicken-curry-sauce