PAKISTANI · LUNCH · DINNER

Oil-Free Pakistani Chicken Curry (Salan)

40 min · Serves 4 · 350 kcal a serve · Video 6:50 · Kun Foods

Gluten-free ingredients · No nuts listed

Cooked only in its own juices with onion, tomato and a little yoghurt, so there is no added oil or ghee. Each serve gives about 37 g of protein for around 350 kcal.

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Ingredients 13 · SERVES 4

- [ ] 1 kg **chicken** on the bone, skinless curry cut (leg pieces left whole)
- [ ] 2 medium **onions**, chopped
- [ ] ½ tbsp **ginger paste**
- [ ] 1 tbsp **garlic paste**
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tsp **salt**
- [ ] 3 **green chillies**, slit
- [ ] 3 medium **tomatoes**, roughly chopped
- [ ] 1¼ tsp **red chilli powder**
- [ ] 1 tsp **cumin**
- [ ] ½ tsp **coriander powder**
- [ ] 120 g **plain yoghurt**, whisked
- [ ] **fresh coriander**, chopped, to finish

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. Put the chopped onions in a heavy pot and add the chicken, ginger and garlic pastes, turmeric, salt and green chillies. Stir once; no oil or water goes in. 0:35
2. Cover and cook on medium heat for about 10 minutes. The chicken releases its juices and steams, and the onions soften into a thin gravy. 1:44
3. Add the tomatoes, red chilli powder, cumin and coriander powder, stir, cover again and cook for 7–8 minutes until the tomatoes break down. 2:21
4. Stir, cover and cook for another 4–5 minutes until the gravy is smooth and the chicken is tender. Keep the lid on so it doesn't dry out. 3:36
5. Stir in the yoghurt and simmer uncovered on low heat until its liquid cooks off and the gravy thickens a little. 4:09
6. Scatter over fresh coriander, cover for a minute so the aroma comes through, and serve with roti or rice. A pinch of garam masala is optional. 4:45

> **Tip** Serves 4 (our estimate from 1 kg of chicken on the bone). Use a heavy-based pot on medium heat so nothing catches; if it starts to stick, add a splash of water.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
350 kcal	**37 g**	**14 g**	**3 g**	**16 g**	**730 mg**
1,460 kJ	75% of a day	11 g net · 7.3 g sugars 5% of a day	11% of a day	4.6 g saturated 20% of a day	32% of a day

Energy from net carbs 13% · protein 44% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 60% · Vitamin B6 41% · Zinc 37% · Vitamin B12 37% · Vitamin C 27%

Source of (10–19%) Potassium 17% · Iron 16% · Vitamin K 15% · Magnesium 14% · Vitamin A 11% · Folate 10%

Recipe and video: Kun Foods (@KunFoods) on YouTube — youtube.com/watch?v=yoRqR0G3I20, published 14 December 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/oil-free-pakistani-chicken-curry