MALAYSIAN · DINNER

Singapore Curry Chicken with Potatoes

75 min · plus 30 minutes resting · Serves 8 · 499 kcal a serve · Video 8:50 · Spice N' Pans

Gluten-free ingredients · No dairy listed

A fresh spice paste of shallots, lemongrass, galangal, ginger and turmeric does the work here, with only ½ tsp sugar in the whole pot; about 21 g protein and 5 g fibre a serve.

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Ingredients 22 · SERVES 8

- [ ] 3 **red onions** (paste)
- [ ] 2 **lemongrass** stalks, white part only (paste)
- [ ] 3 **red chillies**, seeded (paste)
- [ ] 1½ thumb-sized pieces **young ginger** (paste)
- [ ] 1 thumb-sized piece **fresh turmeric** (paste)
- [ ] 1 thumb-sized piece **galangal** (paste)
- [ ] 10–12 **shallots** (paste)
- [ ] 5 **garlic** cloves (paste)
- [ ] 5 **candlenuts** (paste)
- [ ] 16 **dried chillies**, soaked and seeded (paste)
- [ ] **Canola or vegetable oil**: 2 tbsp cooking oil (paste)
- [ ] a little more **oil** for frying the paste (about 1 tbsp)
- [ ] 1 tbsp **cumin seeds**, dry-roasted and ground
- [ ] 1 tbsp **coriander seeds**, dry-roasted and ground
- [ ] 2 tbsp **meat curry powder**
- [ ] a handful of **curry leaves**
- [ ] 5 tsp **salt** (2 tsp with the spices, 3 tsp later)
- [ ] 1 kg whole **chicken**, cut into pieces
- [ ] 650 g **potatoes**, cut into chunks
- [ ] 1 litre **water**
- [ ] ½ tsp **sugar**
- [ ] 660 ml **coconut milk** (2 × 330 ml packs)

Allergens found in the listed ingredients: Tree nuts. 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. Blend the onions, lemongrass, red chillies, ginger, turmeric, galangal, shallots, garlic, candlenuts, soaked dried chillies and 2 tbsp oil into a fine paste. 0:21
2. Heat a pot with a little oil and fry the paste over medium-low heat, stirring often, for about 15–20 minutes until it darkens and the oil separates. 2:11
3. Stir in the ground cumin and coriander, meat curry powder, curry leaves and 2 tsp salt. 3:58
4. Add the chicken and stir over medium heat for about 3 minutes to coat. Add the potatoes and 1 litre of water and simmer for 20–30 minutes until the potatoes are soft. 4:46
5. Season with the sugar and the remaining salt to taste, then slowly stir in the coconut milk. Bring to a gentle simmer for about 5 minutes and turn off the heat. 6:14
6. Cover and leave the curry to rest for at least 30 minutes before serving so the flavours develop. 7:25

> **Tip** Salty as made (5 tsp salt): about 1,500 mg sodium a serve; 3 tsp brings it to about 950 mg. For a lighter curry use 100–200 ml less coconut milk, as the cook suggests. Best an hour after cooking, with rice or bread.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
499 kcal	**21 g**	**33 g**
2,090 kJ	43% of a day	28 g net · 5.1 g sugars
		12% of a day

FIBRE	FAT	SODIUM
5.3 g	**33 g**	**1,530 mg**
19% of a day	19 g saturated	66% of a day
	43% of a day	

Energy from net carbs 23% · protein 17% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B6 44% · Selenium 37% · Iron 35% · Omega-3 34% · Magnesium 23% · Potassium 22% · Zinc 22% · Vitamin C 21%

Source of (10–19%) Folate 15% · Vitamin E 12%

⚠ One serve has about 66% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Spice N' Pans (@spicenpans) on YouTube — youtube.com/watch?v=irHKAb2rqDE, published 31 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/singapore-curry-chicken-potatoes