SRI LANKAN · DINNER

Sri Lankan Chicken Curry with Coconut Milk

80 min · Serves 5 · 431 kcal a serve · Video 6:11 · island smile

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

Skinless chicken in a tamarind-spiced marinade, simmered with onion, tomato and coconut milk: about 23 g protein and about 10 g net carbs a serve, with no sugar or flour.

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Ingredients 19 · SERVES 5

- [ ] 1½ lb **skinless bone-in chicken parts** (cut deep slashes in legs)
- [ ] 1 tbsp **tamarind juice** (from pods soaked in a little water)
- [ ] ½ tsp **ground turmeric**
- [ ] 1 tbsp **chilli powder**
- [ ] 1 tbsp **ground cumin**
- [ ] 2 tbsp **ground coriander**
- [ ] ½–1 tsp **salt**, plus more to taste
- [ ] **Coconut oil**: 4 tbsp coconut oil or a light oil, plus 1 tbsp to sear
- [ ] a sprig of **curry leaves**
- [ ] 2 inches (2 in) piece **pandan leaf** (optional)
- [ ] 1 inch (1 in) **cinnamon** stick
- [ ] 4–5 **cardamom pods**, lightly bruised
- [ ] 1 tbsp minced **ginger**
- [ ] 1 tbsp minced **garlic**
- [ ] 2 **green chillies**, slit
- [ ] 2 **onions**, finely sliced
- [ ] 2 medium **tomatoes**, cut into thin wedges
- [ ] ½ cup **water** (to rinse the marinade bowl)
- [ ] 1 cup **thick coconut milk**

Amounts in US 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. Drain the chicken well and mix it in a bowl with the tamarind juice, turmeric, chilli powder, cumin, coriander and salt. Marinate for 30 minutes (in the fridge if longer). Keep the bowl unwashed. 1:59
2. Heat 4 tbsp oil in a large pan or wok over low heat. Fry the curry leaves, pandan, cinnamon and cardamom for 10–15 seconds, then the ginger and garlic for a minute. 3:01
3. Add the green chillies and onions and cook over low-medium heat for about 3 minutes until soft. Add the tomatoes and stir until they break down. 3:34
4. Add the chicken and cook over low-medium heat until the liquid it releases is absorbed. Add 1 tbsp oil and sear the chicken for 2 minutes. 4:13
5. Swirl the ½ cup water around the marinade bowl and pour it in. Simmer gently for 25–30 minutes until the water has reduced. 4:58
6. Stir in the coconut milk, season with salt and cook on low for 5–7 minutes more, without boiling hard. 5:11

> **Tip** Serve with rice, bread or roti. The cook used a little less coconut milk in the video for a thicker curry. 3 tbsp Sri Lankan curry powder can replace the cumin and coriander.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
431 kcal 1,800 kJ	23 g 45% of a day	14 g 10 g net · 4.6 g sugars 5% of a day
FIBRE	**FAT**	**SODIUM**
3.6 g 13% of a day	33 g 23 g saturated 42% of a day	550 mg 24% of a day

Energy from net carbs 9% · protein 21% · fat 70% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 41% · Vitamin B6 27% · Iron 26% · Zinc 25%

Source of (10–19%) Vitamin B12 19% · Vitamin C 17% · Magnesium 16% · Potassium 13%

Recipe and video: island smile (@islandsmile4902) on YouTube — youtube.com/watch?v=GKzUVrnl_oo, published 4 March 2021. 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/sri-lankan-chicken-curry-coconut