EAST AFRICAN · LUNCH · DINNER

Akoho sy Voanio (Malagasy Coconut Chicken)

Akoho amin'ny voanio

60 min · Serves 4 · 700 kcal a serve · Video 6:14 in French · Clovissia

Dairy-free · Nut-free

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49 g protein and 11 g net carbs a serve: chicken braised in its own juices with onion and fresh tomato, then simmered in coconut milk.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Ingredients

11 · SERVES 4

- [ ] 1 whole **chicken** (1.3 kg), cut into pieces
- [ ] 1 tbsp **thick soy sauce**
- [ ] a little **salt**
- [ ] 1 tsp **ground ginger**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 large **onion**, thinly sliced
- [ ] 2 tbsp **oil**
- [ ] 15 cm **cinnamon** stick (Madagascar cinnamon)
- [ ] 500 g **juicy tomatoes**, chopped (or 400 g canned chopped tomatoes)
- [ ] 400 ml **coconut milk** (homemade or canned)
- [ ] a few **chives**, to garnish (optional)

Contains: Gluten, Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cut the whole chicken into pieces: legs, wings, then the breast and back. 0:59
2. Add the soy sauce, a little salt, the ground ginger and turmeric, then the thinly sliced onion. Mix well so every piece is coated and leave to marinate for 10 minutes. 1:35
3. Heat the oil in a heavy pot and brown the chicken on all sides, tipping in the onion and everything from the marinade. 2:40
4. Add the cinnamon stick, cover and let the chicken cook in its own juices for about 10 minutes without adding water, stirring now and then, until it is golden and fragrant. 3:13
5. Add the chopped tomatoes and cook, covered and still without water, for about 10 minutes until they form a thick sauce. 4:10
6. Pour in the coconut milk and simmer gently over low heat for 10 minutes. Lay a few chives on top to serve. 4:56

> **Tip** Serves 4 (our estimate). Served in Madagascar with rice, rougail (fresh tomato relish) and chilli paste; cauliflower rice or steamed greens keep it lower in carbs.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
700 kcal	**49** g	**13** g	**2.7** g	**51** g	**670** mg
2,930 kJ	98% of a day	11 g net · 5.4 g sugars 5% of a day	10% of a day	26 g saturated 65% of a day	29% of a day

Energy from net carbs 6% · protein 28% · fat 66% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 84% · Vitamin B6 51% · Omega-3 49% · Zinc 38% · Iron 36% · Vitamin C 25% · Magnesium 24% · Potassium 21% · Vitamin B12 21%

Source of (10–19%) Vitamin K 18% · Vitamin E 17% · Vitamin A 15% · Folate 13%

Recipe and video: Clovissia (@Clovissia-leKanto) on YouTube — youtube.com/watch?v=x93V6FRdHds, published 11 April 2020. 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/akoho-sy-voanio