INDIAN · DINNER

Chicken Jalfrezi, Restaurant Style (Low-Carb Curry)

40 min · Serves 3 · 445 kcal a serve · Video 4:15 · Spice Eats

Gluten-free ingredients · Dairy-free · Nut-free

A takeaway favourite built on chicken thigh, peppers and onion with no sugar or cream: about 32 g protein and 11 g net carbs a serve.

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Ingredients 21 · SERVES 3

- [ ] 1 tbsp **oil** (for the peppers)
- [ ] 1 medium **onion** (2½ oz), cut into petals
- [ ] ½ **green capsicum** (1 oz), cubed
- [ ] 1¾ oz **red capsicum**, cubed
- [ ] 1¾ oz **yellow capsicum**, cubed
- [ ] 2–3 tbsp **oil** (for the curry)
- [ ] 2 medium **onions** (5 oz), chopped
- [ ] 16 oz **boneless chicken thigh** pieces
- [ ] 1½ tsp **ginger-garlic paste**
- [ ] ½ tsp **turmeric powder**
- [ ] 1 tsp **red chilli powder**
- [ ] 1 tsp **coriander powder**
- [ ] 1 tsp **Kashmiri chilli powder**
- [ ] 1 tsp **cumin powder**
- [ ] ½ tsp **pepper powder**
- [ ] 1 tsp **salt** (or to taste), plus a pinch for the peppers
- [ ] 5 tbsp **ready-made tomato purée**
- [ ] ½ cup **water**
- [ ] 2–3 **green chillies**, cut
- [ ] ½ tsp **garam masala powder**
- [ ] finely chopped **coriander leaves**, to garnish

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

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 1 tbsp oil and sauté the onion petals and cubed capsicums with a pinch of salt over medium heat for 2–3 minutes, keeping them crunchy. Tip onto a plate. 0:28
2. Heat 2–3 tbsp oil in a large frying pan and fry the chopped onions over medium heat for 6–7 minutes until light brown. 1:06
3. Add the chicken and fry 2–3 minutes until it changes colour, then add the ginger-garlic paste and fry 2 minutes more. 1:26
4. Add the turmeric, both chilli powders, coriander, cumin, pepper and salt. Fry over medium heat for 3–4 minutes until the chicken is browned and coated in masala. 1:56
5. Stir in the tomato purée and cook 2–3 minutes on low heat. Add ½ cup water, cover and cook on low for about 5 minutes until the chicken is tender. 2:40
6. Add the sautéed peppers and onion, the green chillies and the garam masala and cook 3–4 minutes on low heat. Garnish with coriander. 3:18

> **Tip** Serves 3 (our estimate from 16 oz chicken). Serve with cauliflower rice or a salad to keep it low-carb. Use less chilli powder or deseed the green chillies for a milder curry.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
445 kcal	**32 g**	**14 g**
1,860 kJ	64% of a day	11 g net · 6.4 g sugars
		5% of a day

FIBRE	FAT	SODIUM
3.9 g	**29 g**	**970 mg**
14% of a day	4.6 g saturated	42% of a day
	37% of a day	

Energy from net carbs 10% · protein 30% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 97% · Vitamin C 72% · Selenium 52% · Vitamin B6 42% · Zinc 31% · Vitamin E 30% · Vitamin B12 28% · Vitamin K 22%

Source of (10–19%) Iron 18% · Potassium 14% · Vitamin A 14% · Magnesium 13% · Folate 11%

Recipe and video: Spice Eats (@SpiceEats) on YouTube — youtube.com/watch?v=d14A_LFMNB0, published 20 February 2024. 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/chicken-jalfrezi-restaurant-style