PAKISTANI · LUNCH · DINNER

Creamy White Chicken Karahi

35 min · Serves 3 · 455 kcal a serve · Video 3:35 · Spice Eats

Gluten-free ingredients · Nut-free

A Pakistani white karahi made without onion, tomato or sugar: about 31 g of protein and only about 6 g of net carbs a serve, with the creamy sauce coming from a little yoghurt and cream rather than nuts or flour.

Diet notes: Keto (6.1 g net carbs a serve).

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Ingredients 15 · SERVES 3

- [ ] 3 tbsp **oil**
- [ ] 1 tbsp **garlic** slices (8–9 cloves, halved and sliced)
- [ ] 1 tbsp **ginger juliennes**, plus a few to garnish
- [ ] 16 oz **boneless chicken thighs**, cubed
- [ ] 1 tsp **ginger-garlic paste**
- [ ] 4–5 **green chillies**, cut into 2-inch pieces
- [ ] 1 tsp **ground black pepper**
- [ ] 1¼ tsp **red chilli flakes**
- [ ] 1¼ tsp **coriander powder**
- [ ] ¾ tsp **cumin powder**
- [ ] 1 tsp **salt**
- [ ] 4 tbsp **curd** (plain yoghurt), whisked
- [ ] 3–4 tbsp **fresh cream**, whisked
- [ ] 1 tsp **kasuri methi**, roasted and crushed
- [ ] 2–3 tbsp chopped **fresh coriander**, to garnish

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

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a karahi, add the sliced garlic and ginger juliennes and stir for a minute. 0:30
2. Add the chicken cubes and sear on high heat for about 2 minutes until they change colour. Add the ginger-garlic paste and green chillies and fry on medium heat for 2–3 minutes. 0:48
3. Add the pepper, chilli flakes, coriander, cumin and salt and fry for another 2 minutes. 1:30
4. Turn off the heat, stir in the whisked yoghurt, then cook on low for 2 minutes. Cover and cook on low for 15–20 minutes until the chicken is tender. 1:58
5. Stir in the cream and kasuri methi and simmer for 2–3 minutes. Garnish with coriander and ginger juliennes. 2:43

> **Tip** Serves 3 (our estimate from 16 oz chicken). Eat with cauliflower rice or a salad to keep it keto, or with naan or roti. Add the yoghurt off the heat so it does not split.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
455 kcal	**32** g	**7.7** g	**1.6** g	**33** g	**900** mg
1,900 kJ	63% of a day	6.1 g net · 2 g sugars 3% of a day	6% of a day	8.8 g saturated 43% of a day	39% of a day

Energy from net carbs 5% · protein 28% · fat 67% — fits keto: 6.1 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Omega-3 87% · Selenium 54% · Vitamin B6 35% · Vitamin B12 33% · Zinc 30% · Vitamin K 26% · Vitamin E 23%

Source of (10–19%) Iron 15% · Vitamin A 15% · Vitamin C 15% · Magnesium 11% · Potassium 10%

Recipe and video: Spice Eats (@SpiceEats) on YouTube — youtube.com/watch?v=wdwkaIGoPZA, published 8 October 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/creamy-white-chicken-karahi