EAST AFRICAN · DINNER

Digaag Qumbe (Somali Yoghurt and Coconut Chicken Curry)

95 min · Serves 8 · 537 kcal a serve · Video 4:15 · Xawaash FoodBlog

Gluten-free ingredients · Nut-free

Chicken thighs in a tomato, yoghurt and coconut sauce with carrot, red pepper and potato: about 27 g protein and half a day's vitamin C a serve, with under half a teaspoon of sugar each.

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Ingredients 21 · SERVES 8

- [ ] 118 ml **canola oil**
- [ ] 2 **onions**, blended
- [ ] 2 large **garlic** cloves, blended with the onions
- [ ] 1 tbsp grated **fresh ginger**
- [ ] 1 tbsp **ground cumin**
- [ ] 1 tbsp **curry powder**
- [ ] 1 tsp **ground turmeric**
- [ ] ¼ tsp **ground cardamom**
- [ ] 2 tsp (12 g) **salt** (or 1 tbsp Vegeta seasoning)
- [ ] 5 **tomatoes**, blended
- [ ] 2 **jalapeños**, blended with the tomatoes (seeded for less heat)
- [ ] 237 ml **plain yoghurt**
- [ ] 2 tbsp **tomato paste**
- [ ] 1 **potato**, peeled and cubed
- [ ] 1 **carrot**, sliced
- [ ] 1 **sweet red pepper**, chopped
- [ ] 900 g **chicken thighs**, boneless and skinless, cubed
- [ ] 1 × 398 ml can **coconut milk**
- [ ] 1 tbsp **packed brown sugar**
- [ ] 3 tbsp **butter or ghee** (optional)
- [ ] 15 g chopped **fresh coriander** (cilantro)

Amounts in metric 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. Blend the onions with the garlic. Heat the oil in a large pot and sauté the onion purée for about 5 minutes. 0:27
2. Grate in the ginger, then stir in the cumin, curry powder, turmeric, cardamom and the salt or seasoning. 1:02
3. Blend the tomatoes with the jalapeños and add to the pot, then stir in the yoghurt and tomato paste. Cover and cook on medium for 10 minutes. 0:42
4. Add the potato and carrot, cover and cook on medium for 30 minutes. 2:10
5. Add the red pepper, chicken, coconut milk and brown sugar (and the butter or ghee, if using). Cover and cook on medium for 30 minutes, stirring now and then. 2:30
6. Stir in the chopped coriander and serve. 3:07

> **Tip** Xawaash serves it with white rice. For a vegan vegetable curry, as the cook suggests, leave out the chicken, the yoghurt and the optional butter or ghee (which adds about 45 kcal a serve).

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
537 kcal 2,250 kJ	27 g 53% of a day	20 g 16 g net · 8.8 g sugars 7% of a day

FIBRE	FAT	SODIUM
3.7 g 13% of a day	40 g 17 g saturated 52% of a day	700 mg 31% of a day

Energy from net carbs 12% · protein 20% · fat 68% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 83% · Vitamin C 52% · Selenium 45% · Vitamin B6 36% · Zinc 29% · Vitamin E 28% · Vitamin B12 26% · Iron 25% · Vitamin K 25% · Vitamin A 24%

Source of (10–19%) Potassium 19% · Magnesium 18% · Folate 14%

Recipe and video: Xawaash FoodBlog (@XawaashFoodBlog) on YouTube — youtube.com/watch?v=_WVj5iyjAeM, published 7 August 2012. 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/digaag-qumbe-somali-coconut-chicken