INDIAN · DINNER

Fiji Indian Chicken and Potato Curry

60 min · Serves 6 · 517 kcal a serve · Video 5:16 · Anita's Guide to Simple and Easy Cooking

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

A brothy chicken and potato curry spiced with toasted fennel, cumin and mustard seeds, using only 2 tbsp oil for six: about 45 g protein a serve, rich in selenium and vitamin B6, with no added sugar.

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Ingredients 16 · SERVES 6

- [ ] 2 tbsp **oil**
- [ ] 1 large **onion**, finely chopped
- [ ] 2 sprigs **curry leaves**, finely chopped
- [ ] 1 tsp **cumin seeds**
- [ ] 1 tsp **mustard seeds**
- [ ] 2 kg **chicken**, cut into pieces
- [ ] 2 tsp **salt**
- [ ] 1 medium **chilli**, finely chopped (or 1 tsp chilli powder)
- [ ] 2 tbsp **curry powder**
- [ ] 1 tsp **ground turmeric**
- [ ] about 1.5 litres **hot water**
- [ ] 3 medium **potatoes**, peeled and cut into chunks
- [ ] 2 tbsp minced **garlic**
- [ ] 1 tsp minced **ginger**
- [ ] 2 tsp **fennel seeds**, dry-roasted and ground
- [ ] **coriander leaves**, to garnish

Amounts in metric 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 the oil in a large pan over medium heat. Add the onion, curry leaves, cumin and mustard seeds, cover and cook about 2 minutes until the onion is translucent. 1:06
2. Meanwhile dry-roast the fennel seeds in a small pan over very low heat until they darken and smell fragrant; cool for 5 minutes and grind to a fine powder. 1:29
3. Add the chicken, the salt and the chilli, mix well, cover and cook for 15–20 minutes, stirring once or twice. 1:52
4. Add the curry powder and turmeric, mix well and cook uncovered for 5 minutes. 2:38
5. Pour in the hot water (about a cup per person), bring to the boil, cover and simmer on low for 5 minutes. 3:00
6. Add the potatoes, garlic, ginger and fennel powder, check the salt, bring back to the boil, then cover and simmer on low for 15–25 minutes until the potatoes are very tender. Garnish with coriander. 3:30

> **Tip** Serve with rice, roti or puri. The cook adds about a cup of water per person; use less for a thicker gravy. Keeps 3 days in the fridge.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
517 kcal 2,160 kJ	**45** g 90% of a day	**25** g 20 g net · 2.8 g sugars 9% of a day	**4.4** g 16% of a day	**26** g 6.2 g saturated 33% of a day	**910** mg 40% of a day

Energy from net carbs 16% · protein 36% · fat 48% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 71% · Vitamin B6 57% · Omega-3 38% · Zinc 32% · Iron 23% · Potassium 20%

Source of (10–19%) Vitamin B12 19% · Magnesium 18% · Vitamin C 16% · Vitamin E 14% · Vitamin K 12% · Folate 11%

Recipe and video: Anita's Guide to Simple and Easy Cooking (@anitasguidetosimplecooking) on YouTube — youtube.com/watch?v=qADQdECXKWI, published 21 May 2016. 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/fiji-indian-chicken-potato-curry