EAST AFRICAN · DINNER

Kuku Paka (Kenyan Coconut Chicken Curry)

50 min · Serves 6 · 582 kcal a serve · Video 9:00 · Chef D Wainaina

Gluten-free ingredients · Nut-free

Skin-on chicken simmered in coconut milk with tomato and warm spices: about 45 g protein and under 7 g net carbs a serve, and rich in selenium, zinc and vitamin B6.

Diet notes: Keto (6.5 g net carbs a serve); Dairy-free if you leave out the greek or plain yoghurt.

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Ingredients 21 · SERVES 6

- [ ] about 900 g **bone-in chicken thighs**, skin on (half of the 1.8 kg chicken)
- [ ] about 900 g **chicken drumsticks** (the other half of the 1.8 kg chicken)
- [ ] 2 tbsp **vegetable oil**
- [ ] **salt**, to season the chicken and the sauce
- [ ] **freshly ground black pepper**
- [ ] 1 medium **yellow onion**, diced
- [ ] 1 tbsp chopped **garlic**
- [ ] 1 tbsp minced **ginger**
- [ ] 1 tbsp **ground coriander**
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **chilli powder**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 tsp **paprika** (optional)
- [ ] 1 tsp **tomato paste**
- [ ] 2 **bay leaves**
- [ ] 3 **ripe medium Roma tomatoes**, diced
- [ ] 1 × 400 ml can **coconut milk**
- [ ] 120 ml **chicken stock or water**
- [ ] 1 tbsp **Greek or plain yoghurt** (optional)
- [ ] 1 tbsp **lemon juice**
- [ ] 4 g chopped **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. Season the chicken pieces with salt and pepper. Brown them in the oil in a wide, shallow pot, turning until well coloured on all sides, then lift out. 1:10
2. In the same pot, cook the onion 8–10 minutes until lightly browned. Add the garlic and ginger for 30 seconds. 2:47
3. Add the coriander, cumin, turmeric, chilli powder, paprika and bay leaves and toast briefly, then stir in the tomato paste and diced tomatoes. 3:33
4. Pour in the coconut milk, return the chicken and its juices, add the stock or water and season with salt and pepper. 4:32
5. Cover, bring to the boil, then simmer on low about 15 minutes until the chicken is cooked through. Uncover and boil on high a few minutes to thicken the sauce. 5:31
6. Stir in the yoghurt (if using), the coriander and lemon juice, check the seasoning and serve. 6:15

> **Tip** Serves about 6 at two pieces each (our estimate). Serve with basmati rice, or with cauliflower rice to keep it low-carb. Leave out the yoghurt for a dairy-free curry.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
582 kcal	45 g	8.2 g
2,430 kJ	91% of a day	6.5 g net · 2.4 g sugars
		3% of a day

FIBRE	FAT	SODIUM
1.7 g	42 g	600 mg
6% of a day	19 g saturated	26% of a day
	53% of a day	

Energy from net carbs 4% · protein 31% · fat 65% — fits keto: 6.5 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Selenium 81% · Zinc 43% · Vitamin B6 42% · Omega-3 37% · Iron 29% · Vitamin B12 25%

Source of (10–19%) Magnesium 18% · Potassium 15% · Vitamin E 13% · Vitamin A 12% · Vitamin K 11% · Vitamin C 10%

Recipe and video: Chef D Wainaina (@chefdwainaina) on YouTube — youtube.com/watch?v=Lk-ciCU_FZk, published 2 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/kuku-paka-kenyan-coconut-chicken