INDIAN · DINNER · LUNCH

Malai Chicken Kebabs with Cream and Cheese

30 min · plus 1 hour (or overnight) marinating · Serves 4 · 369 kcal a serve

Video 6:23 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · Nut-free

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Chicken thighs marinated in cream and cheese: about 28 g protein and 2 g net carbs a serve, two-thirds of the energy from fat, and rich in selenium, vitamin B12 and zinc.

Diet notes: Keto (2.3 g net carbs a serve).

Ingredients

12 · SERVES 4

- [ ] **Chicken thigh**: 500 g skinless chicken thigh and leg meat, boneless, cut into kebab pieces
- [ ] 100 ml heavy (double) cream
- [ ] 50 g **Indian processed cheese** (or cheddar), grated
- [ ] 10 g **ginger-garlic paste**
- [ ] 2 tsp **ghee**, for the marinade
- [ ] ½ tsp **salt**
- [ ] ½ tsp **black pepper powder**
- [ ] ¼ tsp **cardamom powder**
- [ ] **Lime juice**: juice of ½ lime
- [ ] a little **ghee** for the pan (about 1 tsp)
- [ ] **fresh coriander**, to garnish
- [ ] **lime wedges**, to serve

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into kebab-sized pieces. If using wooden skewers, soak them in water for about 10 minutes. 0:44
2. In a bowl, mix the cheese, cream, ginger-garlic paste, salt, pepper, cardamom, lime juice and 2 tsp ghee until they come together into a creamy paste. 1:05
3. Add the chicken, toss to coat well, and marinate for at least an hour — overnight in the fridge is even better. 1:48
4. Thread the chicken onto skewers. Cook in batches in a cast-iron or non-stick pan with a little ghee over moderate heat (too hot burns the cheese and cream), turning often, for 8–10 minutes until cooked through. Or bake at your oven's highest heat. 2:15
5. For a smoky char, hold each skewer over a gas flame for a few seconds. Garnish with coriander and serve with lime wedges. 4:02

> **Tip** The cook serves these with green chutney and lime; add a big green salad to make a meal. Leg and thigh meat stays juicier than breast.

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

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
369 kcal	28 g	2.5 g	0.2 g	27 g	470 mg
1,540 kJ	57% of a day	2.3 g net · 0.9 g sugars	1% of a day	13 g saturated	20% of a day
		1% of a day		34% of a day	

Energy from net carbs 3% · protein 31% · fat 66% — fits keto: 2.3 g net carbs, 66% of the energy from fat

High in (20%+ of a day) Selenium 46% · Vitamin B12 30% · Zinc 27% · Vitamin B6 22% · Vitamin A 21%

Source of (10–19%) Omega-3 11% · Calcium 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=5OLwVRhG3kw, published 19 September 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/malai-chicken-kebab-cream-cheese