INDIAN · LUNCH · DINNER

Murgh Saagwala (Spinach Chicken Curry)

45 min · Serves 5 · 354 kcal a serve · Video 4:58 · Curries With Bumbi

Gluten-free ingredients · Nut-free

Packed with spinach: each serve has over twice a day's vitamin K and about a third of a day's folate and vitamin A, plus about 28 g of protein from chicken thigh. Rich in vitamin C, iron and selenium too.

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Ingredients 26 · SERVES 5

- [ ] 615 g **chicken thighs**, boneless and skinless, cut into chunky pieces
- [ ] 265 g **spinach leaves**, finely shredded
- [ ] 1 large **onion** (300 g), chopped
- [ ] 5 large **garlic** cloves (30 g)
- [ ] 6 cm piece of **ginger** (30 g)
- [ ] 1 **green chilli** (optional)
- [ ] about 4 tbsp **water**, for the ginger-garlic paste
- [ ] 1 large **tomato**, chopped
- [ ] ½ tsp whole **black peppercorns**
- [ ] 4 **green cardamom pods**
- [ ] 4 **cloves**
- [ ] 1 **dried bay leaf**
- [ ] 2.5 cm **cinnamon** stick
- [ ] 3 tablespoons **oil**
- [ ] 2 tsp **Kashmiri red chilli powder** (or paprika)
- [ ] 1 tsp **turmeric powder**
- [ ] 2 heaped tsp **ground coriander**
- [ ] ½ tsp **ground cumin**
- [ ] 2 tsp **salt**, or to taste
- [ ] 1 tsp **sugar**
- [ ] 240 ml **hot water**
- [ ] 2 tbsp **sour cream** (optional; or cream or plain yoghurt)
- [ ] 1 tsp **garam masala**
- [ ] ¼ tsp **ground nutmeg**
- [ ] 1 tsp **butter**
- [ ] 6–7 **fresh mint leaves** (optional)

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 garlic, ginger and green chilli with about 4 tbsp water to a smooth paste. Coarsely grind the cardamom, cloves and peppercorns. 0:09
2. Heat the oil in a pan over medium heat with the bay leaf and cinnamon stick. Add the onion with a pinch of salt and fry on medium-high until soft and starting to colour at the edges. 1:00
3. Add the ground whole spices and the ginger-garlic paste and stir for about 2 minutes. Turn the heat right down and stir in the chilli powder, turmeric, coriander and cumin for just a few seconds. 1:38
4. Add the chicken and stir on high heat for 3–4 minutes. Add the tomato and salt and cook until mushy, then the sugar; cover and cook 5 minutes on medium. 2:15
5. Pour in 240 ml hot water, cover and cook 5 minutes on medium-low until the chicken is tender. Stir in the sour cream (if using), garam masala, nutmeg and shredded spinach; cover and cook 5 minutes more. 2:57
6. Finish with the butter and mint leaves, remove the bay leaf and cinnamon stick, and adjust the seasoning. 4:02

> **Tip** Serve with steamed rice, roti or naan. Coriander leaves can replace the mint. Serves 5–6; we count 5.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
354 kcal	28 g	15 g
1,480 kJ	55% of a day	11 g net · 5.1 g sugars
		6% of a day

FIBRE	FAT	SODIUM
4.2 g	21 g	1,070 mg
15% of a day	4.6 g saturated	47% of a day
	27% of a day	

Energy from net carbs 13% · protein 32% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 226% · Omega-3 56% · Selenium 45% · Vitamin B6 38% · Vitamin A 36% · Vitamin C 34% · Folate 33% · Zinc 28% · Vitamin B12 24% · Vitamin E 23% · Iron 22% · Magnesium 21%

Source of (10–19%) Potassium 18%

Recipe and video: Curries With Bumbi (@CurriesWithBumbi) on YouTube — youtube.com/watch?v=YebEQ7smBb8, published 16 April 2022. 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/murgh-saagwala-spinach-chicken-curry