NEPALI · LUNCH · DINNER · SNACK

Newari Chicken Choila

40 min · Serves 6 · 297 kcal a serve · Video 5:30 · Chef Suni

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

The chicken is seared and flame-charred rather than deep-fried, then tossed with roasted tomato, chillies and herbs: about 30 g of protein per serve, very few carbs and just 2 tbsp of oil in the whole dish.

Diet notes: Low carb (3 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

15 · SERVES 6

- [ ] 2 lb **boneless chicken**
- [ ] 1 tbsp **oil**, for pan-frying
- [ ] a handful of **spring onions**, chopped
- [ ] a handful of **coriander** (cilantro), chopped
- [ ] 3–4 **green chillies**, chopped
- [ ] **salt** to taste
- [ ] 2 medium **tomatoes**, roasted over a flame
- [ ] 3 **garlic** cloves
- [ ] a small piece of **ginger**
- [ ] 1 tsp **Sichuan pepper** (timur), roasted
- [ ] 7–8 **dried red chillies**, soaked in warm water
- [ ] 1 tbsp **mustard oil**
- [ ] 1 tsp **fenugreek seeds**
- [ ] 1 tsp **turmeric powder**
- [ ] **Lemon juice**: juice of ½ lemon

Amounts in US 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 1 tbsp oil in a frying pan and fry the chicken until golden brown on both sides and cooked through. Blot on kitchen paper. 0:26
2. Thread the chicken onto skewers and char it briefly over a gas flame for a smoky taste. Slice it into bite-sized pieces and put it in a bowl with the spring onions, coriander and green chillies. 1:58
3. Roast the tomatoes over the flame until blistered, then peel them. 3:14
4. In a mortar, pound the garlic, ginger, roasted timur and soaked dried chillies to a paste, then pound in the roasted tomatoes to make a chunky sauce. Add it to the chicken. 3:26
5. Heat the mustard oil until very hot, fry the fenugreek seeds until dark, add the turmeric and pour the sizzling oil over the chicken. 4:25
6. Add the lemon juice and salt and mix well with a gloved hand. Serve with beaten rice (chiura) or steamed rice. 4:45

> **Tip** Serves about 6 as a snack or 4 as a main (our estimate). No gas flame? Char the chicken under a hot grill. Timur (Nepali Sichuan pepper) is sold at Nepali and Asian grocers; Sichuan pepper works.

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
297 kcal 1,240 kJ	**30** g 61% of a day	**4.5** g 3 g net · 1.6 g sugars 2% of a day	**1.4** g 5% of a day	**17** g 3.8 g saturated 22% of a day	**500** mg 22% of a day

Energy from net carbs 4% · protein 42% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 50% · Omega-3 31% · Zinc 29% · Vitamin B6 29% · Vitamin B12 28% · Vitamin K 24%

Source of (10–19%) Vitamin C 14% · Iron 13% · Vitamin E 12% · Potassium 10% · Magnesium 10%

Recipe and video: Chef Suni (@ChefSuni) on YouTube — youtube.com/watch?v=SzC0JtMDl_Y, published 20 December 2019. 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/nepali-chicken-choila