CARIBBEAN · LUNCH · DINNER

Trinidad Curry Chicken

165 min · Serves 8 · 277 kcal a serve · Video 16:17 · Foodie Nation

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

A spice-rich curry with no cream or coconut: about 25 g of protein for under 300 kcal a serve, built on turmeric, cumin, curry powder and fresh herbs. Rich in selenium and vitamin B6.

Diet notes: Low carb (1.6 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 19 · SERVES 8

- [ ] 1.4 kg whole **chicken**, cut into 12 pieces
- [ ] 1½ tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] ½ tsp **curry powder** (Chief brand), for the marinade
- [ ] ¼ tsp **geera** (ground cumin), for the marinade
- [ ] 2 tbsp **fresh green seasoning** (blended culantro, herbs, garlic and peppers)
- [ ] 2 tbsp **fresh chives**, chopped
- [ ] 3 tbsp **vegetable oil**
- [ ] ½ tsp whole geera (cumin) seeds
- [ ] 40 g julienned **onion**
- [ ] 1 tbsp minced **garlic**
- [ ] 1 tbsp **pimento peppers or jalapeños**, chopped
- [ ] 2 tbsp **curry powder** (Chief brand)
- [ ] 1 tbsp **geera** (ground cumin)
- [ ] ¾ tbsp **garam masala**
- [ ] ¾ tbsp **ground turmeric**
- [ ] 410 ml **water**
- [ ] 1 tbsp **chadon beni** (culantro), minced
- [ ] **salt and pepper**, to taste

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. Season the chicken pieces with the salt, pepper, ½ tsp curry powder, ¼ tsp ground geera, green seasoning and chives, rubbing it in well. Marinate at least 2 hours, or overnight. 1:08
2. Heat the oil in a heavy pot over high heat. Toast the geera seeds for 10 seconds, then add the onion, garlic and pimento peppers and sauté 2 minutes until fragrant. 4:11
3. Add the curry powder, ground geera, garam masala and turmeric and stir in the hot oil for about 2 minutes to cook the spices. 6:37
4. Pour in 240 ml of the water and cook about 2 minutes, stirring, until it reduces by half to a thick curry paste. 8:56
5. Add the chicken and turn to coat. Cover and cook 6–8 minutes so the chicken releases its juices, then add the remaining 180 ml water, bring to the boil, cover and simmer 20 minutes, stirring once or twice. 10:09
6. Uncover and simmer 4–6 minutes more to thicken the sauce, then stir in the chadon beni and season with salt and pepper. 12:17

> **Tip** Serve with rice, roti, or boiled provisions as the cook suggests. Coriander leaves can stand in for chadon beni. Time includes 2 hours of marinating.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
277 kcal 1,160 kJ	25 g 51% of a day	3.5 g 1.6 g net · 0.4 g sugars 1% of a day
FIBRE	**FAT**	**SODIUM**
1.9 g 7% of a day	18 g 3.9 g saturated 23% of a day	610 mg 27% of a day

Energy from net carbs 2% · protein 37% · fat 61% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 40% · Omega-3 35% · Vitamin B6 24% · Vitamin K 20%

Source of (10–19%) Zinc 18% · Iron 16% · Vitamin E 13% · Vitamin B12 11%

Recipe and video: Foodie Nation (@FoodieNation) on YouTube — youtube.com/watch?v=kvNeX4v5I-Q, published 12 July 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/trini-curry-chicken