

All About...

South Indian Pepper Chicken

Serve: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 400g chicken, without skin, diced • 90g Pepper Chicken Marinade • 1 tbspn Sunflower Oil • 12 curry leaves • 1 medium onion, chopped • 3 large green chilies, chopped • 2 tspns coriander powder • 2½ tbspns black peppercorn, lightly crushed <p>Pepper Chicken Marinade (90g):</p> <ul style="list-style-type: none"> • ½ tsp of turmeric powder, 5 minced garlic cloves, 2 teaspoons of grated ginger, 3 tbspns of lemon juice and 1 tspn of salt, reduced sodium <p>Optional Ingredients</p> <ul style="list-style-type: none"> • 2 cinnamon sticks and 3 cloves, fry with curry leaves • ½ cup coriander leaves, to be added before serving 	Energy (kcal)	221
	Carbohydrate (g)	9
	Protein (g)	21
	Fat (g)	11
	<ul style="list-style-type: none"> • Saturated Fat (g) 	>2.0
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	>3.7
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	>4.1
	Cholesterol (mg)	79
	Dietary Fibre (g)	6.6
	Sodium (mg)	>355
Potassium (mg)	>732	
Phosphate (mg)	>263	

METHODS

1. Marinate the chicken with pepper chicken marinade and keep refrigerated for at least 30 min.
2. In a heated pan, add in sunflower oil and curry leaves. Sauté for 30 seconds.
3. Add in chopped onions and sauté till golden and caramelized.
4. Add in chopped green chilies and marinated chicken and stir-fry for 2 minutes.
5. Add in coriander powder and crushed peppercorns. Mix well on low flame.
6. Add in ¼ cup of water and simmer the chicken until tender.
7. Increase the heat to medium and allow the moisture to evaporate.
8. Serve hot.

NUTRITION & DIETETICS DEPARTMENT

Khoo Teck Puat Hospital, 90 Yishun Central Singapore 768828

Email: ktph.dietitians@ktph.com.sg; Website: www.ktph.com.sg; Instagram: @ktph.dietitians

Call-a-Dietitian Hotline: 983 22 983