

## One-Pot Curry Chicken

(Low-Sodium Japanese-Style)

Rice Cooked Separately

Serves 4 (with leftovers)

### Ingredients

- 800 g boneless, skinless chicken thighs
- 1 T canola oil
- Black pepper
- 2 T unsalted butter
- 100 g onion, finely chopped
- 1 T curry powder
- 1 tsp minced garlic
- 1 tsp minced ginger
- ½ tsp ground nutmeg
- 250 g May Queen potatoes, peeled, 2 cm dice
- 150 g carrots, sliced
- 2¾ cups low-sodium chicken broth
- 1½ T Worcestershire sauce
- Scallions or pickles for serving

*Cooked Japanese short-grain rice, prepared separately*

### Low-Sodium Curry Roux

- 1½ T unsalted butter
- 1½ T all-purpose flour
- 1½ tsp curry powder
- ½ tsp garam masala
- ¼ tsp turmeric
- ⅛ tsp cinnamon
- ⅛ tsp nutmeg
- ½ tsp sugar or grated apple
- ½ tsp Worcestershire sauce
- ½ tsp low-sodium soy sauce
- Black pepper

### Instructions

- 1. Prepare the curry roux:**
  - Melt **butter** over **medium-low heat**.
  - Stir in **flour** and cook **3–4 minutes** until lightly beige.
  - Add **spices** and bloom briefly.
  - Stir in **sugar, Worcestershire, soy sauce, and pepper**. Remove from heat.
- 2. Brown the chicken:**
  - Heat **oil** and **1 T butter** in a Dutch oven.



- Season **chicken** with **pepper**.
- Brown lightly; remove to plate.
- 3. Build the curry base:**
  - Add **onion** to pot; cook until soft.
  - Add **garlic, ginger, curry powder, nutmeg**; **stir 1 minute**.
  - Add **potatoes, carrots, broth, Worcestershire**.
- 4. Simmer:**
  - Return **chicken** to pot.
  - Simmer gently until vegetables are tender (**20–25 min**).
- 5. Thicken:**
  - Whisk **2–3 T curry roux** with **½ cup hot broth**.
  - Stir back into pot.
  - **Simmer 5–10 minutes** until lightly thickened.
- 6. Serve:**
  - Serve curry over separately cooked rice.

**Nutrition (per serving, curry only)**

Kcal: ~520 | Protein: 36 g | Fat: 28 g | Carbs: 32 g | Sodium: ~520 mg