

RECIPE BREAKDOWN · RECIPE 6

Curry Chicken **and** **Peppers**

*Caribbean and West African spice traditions —
functional, colourful, protein-forward.*

The sauce gets toasted, blended, then thickened with a chickpea-flour slurry. No dairy anywhere.

Scratch Nutrition Lab × Evans High School



THE TECHNIQUE OF THE DAY

Toast, blend, thicken.

01

TOAST

Curry powder in a dry skillet, 30 seconds, until it smells like something. Heat releases the oils.

02

BLEND

Plant milk, garlic, ginger, allspice and jalapeño go in with it, then into the blender until smooth.

03

THICKEN

Chickpea flour and water make a slurry. No roux, no butter, no dairy — and it's gluten-free.

A classic curry sauce leans on dairy and a flour roux. This one does neither — and nobody tasting it would know.

ONE SERVING

What this plate is carrying

425

CALORIES

42g

PROTEIN

23g

CARBS

17g

FAT

4g

FIBER

Forty-two grams of protein, dairy-free and gluten-free, from a dish that belongs to two traditions. That is the whole program in one plate.

Take CTRL · Recipe 6

HOW THIS WORKS

One Ingredient at a Time

1

Picture it

The ingredient, on its own.

2

Read the jobs

Three or four things it actually does.

3

Then build it

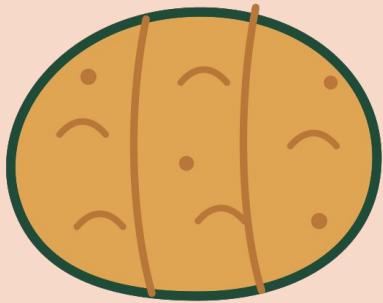
Six ingredients, one pan.

Nothing in this pan is random. Every piece is doing something.

INGREDIENT 01 OF 06

Chicken Breast

1 lb, sliced thin



1

Complete protein

42 grams a serving — the highest-protein main in the collection after the Cobb.

2

Sliced thin on purpose

Thin slices cook through before the outside dries out, and they carry more sauce per bite.

3

Lean

Most of the protein, very little of the saturated fat we talked about in the Problem Three.

4

It marinates

Thirty minutes in the sauce and the curry is in the meat, not just on it.

INGREDIENT 02 OF 06

Curry Powder

½ Tbsp · toasted first



TOAST IT BEFORE ANYTHING ELSE

1

Turmeric

Curcumin — studied for anti-inflammatory effects. It's also where the colour comes from.

2

Fenugreek

Studied for blood sugar regulation.

3

Coriander

An antioxidant, and the citrusy note underneath the heat.

4

Toast it dry, 30 seconds

Heat wakes the oils up. Straight from the jar it tastes dusty; toasted it tastes like a dish.

Bell Peppers

2, chopped · use multiple colours



1

More vitamin C than an orange

One serving. Bell peppers are among the highest plant sources there is.

2

Colour is the point

Red, yellow and orange each carry a different phytonutrient. Mixing them widens the range.

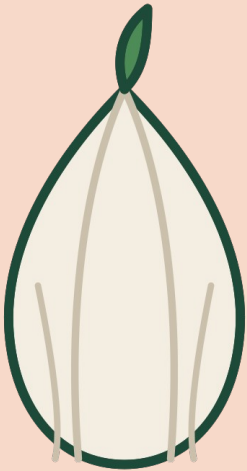
3

They hold their shape

Added late and simmered briefly, they stay crisp instead of collapsing into the sauce.

Garlic

4–6 cloves, minced



1

Allicin

The sulfur compound released when you crush a clove. It supports immune and cardiovascular function.

2

Flavour with no sodium

Big taste for zero salt — the Problem Three lesson, applied.

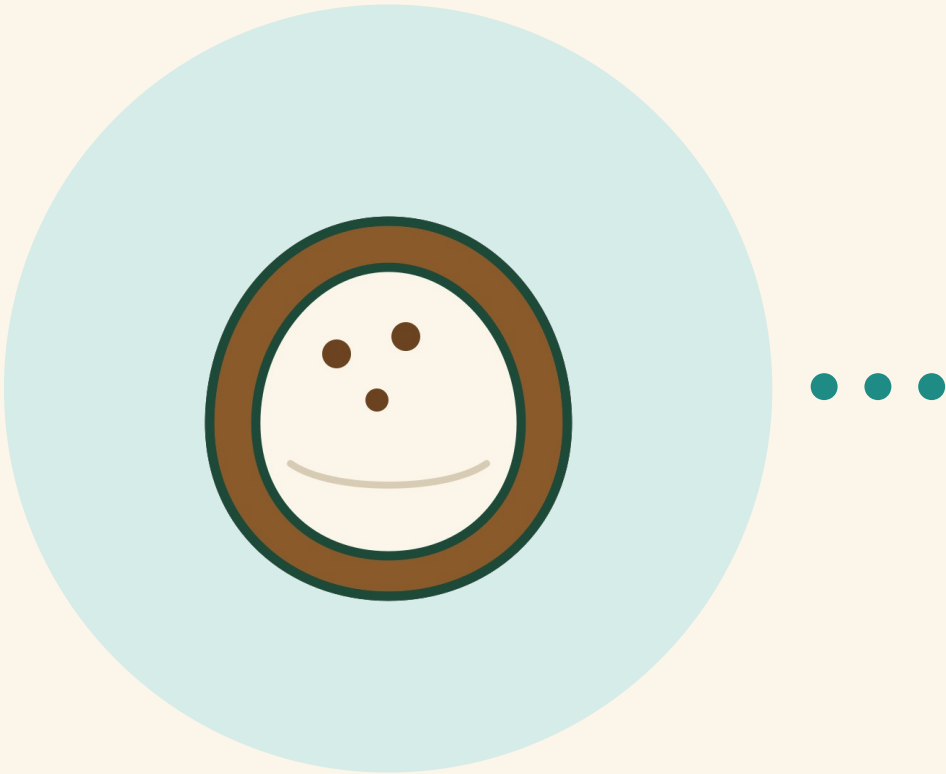
3

Goes into the sauce

It gets blended, so mince it rough. The blender finishes the job.

Coconut Cream

¼ cup · what makes it a curry



1

Richness without dairy

The whole dish is dairy-free, and this is why it still tastes rich.

2

It carries the spice

Curry's flavour compounds dissolve in fat. The cream spreads them through the sauce.

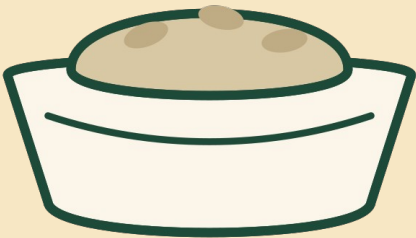
3

Use it measured

It's mostly saturated fat. A quarter cup across three servings is the difference between rich and heavy.

Brown Rice

½ cup cooked, per serving



1

A complex carb

Steady release instead of the spike — the other side of the simple-carb lesson.

2

Fiber the white version lost

The bran is still on it. That's the part that gets stripped to make white rice.

3

It's the sauce delivery system

Half the point of a curry is what the rice does with what's left in the pan.

PUT IT TOGETHER

Two Traditions, One Pan



Caribbean and West African

Curry travelled into Caribbean kitchens and stayed. This dish is the result of that route, not a copy of anyone's original.



Coconut + curry

The spice compounds dissolve in fat. The coconut cream is what carries the flavour through the whole sauce.



Peppers + everything

More vitamin C than an orange, three colours of phytonutrient, and the only thing in the pan that stays crisp.

NOW LET'S BUILD IT

Toast the curry before **anything else.**

*Thirty seconds in a dry pan is the difference
between a sauce that tastes like a jar and one that
tastes like somebody made it.*

Recipe 6 · Take CTRL Nutrition Manual

Scratch Nutrition Lab × Evans High School

