

Fragrant Ginger & Pepper Chicken Curry

(Low FODMAP)

Vibrant, aromatic chicken curry that proves you don't need onion or garlic for incredible flavor. Ready in under an hour with gut-friendly ingredients.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 4

Low FODMAP ✓

Ingredients

- 3 tbsp garlic-infused oil
- 40g, peeled and finely grated fresh ginger root
- 1 small (about 10g), deseeded and finely chopped (optional) long green chili
- 4 stalks, finely sliced (about 60g green parts) spring onions (green tops only)
- 2 tsp garam masala
- 1 tsp ground cumin
- 1/2 tsp (adjust to taste) chili powder
- 600g, cut into bite-sized pieces boneless, skinless chicken thighs
- 2 medium (about 300g), cut into chunks red bell peppers
- 400g tin tinned chopped tomatoes
- 1 tsp granulated sugar

1 tsp, or to taste sea salt

120ml (check label for no inulin or FODMAP additives) unsweetened coconut yogurt

small handful, for garnish (optional) fresh cilantro

Instructions

Step 1: Build the aromatic base

(2 min)

Pour the garlic-infused oil into a large, deep frying pan or skillet and set over medium heat. Once the oil shimmers, add the grated ginger, chopped green chili if using, sliced spring onion greens, garam masala, cumin, and chili powder. Stir constantly for about 60 seconds until the spices become wonderfully fragrant and the ginger releases its aroma. This blooming process is crucial for developing deep, complex curry flavors.

Step 2: Sear the chicken and peppers

(3 min)

Add the chicken pieces and chunked bell peppers to the aromatic spice mixture. Toss everything together, ensuring each piece of chicken gets coated in the fragrant oil and spices. Cook for 2-3 minutes, turning the chicken occasionally, until the pieces are lightly golden on the edges and the peppers begin to soften slightly. The chicken doesn't need to be cooked through at this stage.

Step 3: Simmer the curry

(18 min)

Pour in the tinned chopped tomatoes, then add the sugar and sea salt. Stir well to combine everything, scraping up any flavorful bits stuck to the bottom of the pan. Bring the mixture to a gentle simmer, then reduce the heat to medium-low. Let the curry bubble away for 15-18 minutes, stirring every few minutes, until the tomato sauce has thickened considerably and reduced, and the chicken is completely cooked through and tender. The sauce should coat the back of a spoon. If it starts to stick or looks too dry, add a splash of water and continue cooking.

Step 4: Finish with creamy yogurt

(1 min)

Remove the pan from the heat and stir in the coconut yogurt, mixing it through the curry until you have a beautiful, creamy sauce with a lovely pale orange color. Let it warm through for just 30 seconds on the residual heat. Taste and adjust seasoning if needed, adding more salt or a pinch of sugar to balance the acidity of the tomatoes.

Step 5: Serve

(2 min)

Ladle the fragrant curry into bowls over fluffy basmati rice or alongside your favorite Low FODMAP flatbread. Dollop extra coconut yogurt on top and garnish with fresh cilantro or additional sliced spring onion greens if desired. This curry tastes even better the next day as the flavors continue to meld.