

YIELD: 5

Sri Lankan chicken kottu roti(step-by-step instructions).

Now you can make the popular street food Sri Lankan chicken kottu which can double as a one-pot meal right at your home.

PREP TIME

20 minutes

COOK TIME

1 hour

ADDITIONAL TIME

15 minutes

TOTAL TIME

1 hour 35 minutes



Ingredients

- Ingredients mentioned below use standard measuring cups and spoons.
- To make the chicken curry
- 500g of boneless chicken(substitute with 700g chicken breast cut into 1'inch cubes)
- 1 tablespoon of minced ginger
- 1 tablespoon of minced garlic
- 1 medium-sized onion sliced fine
- 1 green chillie chopped
- 1/2-1 inch piece Cinnamon
- 1 tablespoon of red chillie powder(increase or reduce as per your need)
- 1/2 teaspoon of turmeric powder
- 1 tablespoon of curry powder
- 1 teaspoon fresh black pepper

- 2 teaspoons of roasted dark curry powder(substitute with Jaffna curry powder)
- Salt to season
- 2-3 tablespoons of oil
- 1 cup of water
- 1/2 cup of thick coconut milk
- To make the Paratha
- 1 pack of frozen parathas(should have 10 individual parathas if not buy 2, refer notes about options and recommendations).
- To make the vegetable and egg mix
- 4 tablespoons of oil
- 4 fresh eggs
- 1 large carrot shredded
- 2 medium-sized leeks chopped
- 2 spring onions chopped(substitute with green peppers or capsicums)
- 1 medium-sized onion chopped fine
- 2 green chillies
- 2 medium-sized tomatoes sliced into thick wedges
- Salt to season
- 1 teaspoon of red chillie powder
- 1 teaspoon of fresh black pepper
- 2 teaspoon of red chillie flakes

Instructions

Please read the beginner's tips above as well.

TO MAKE THE QUICK CHICKEN

CURRY FOR THE KOTTU ROTI.

Have all the ingredients needed to make the quick chicken curry ready.

If you are using boneless chicken(500g), cut them into 1/2 inch cubes. I have used a chicken breast(700g)which I have cut into smaller cubes.

As you cut the chicken breast, make sure to remove any small bones that juts out as a safety precaution.

Add the chicken cubes into a cooking pan.

Add onions(1 medium), ginger(1 tbs), garlic(1 tbs), green chillies(1), cinnamon(1/2-1 inch), turmeric(1/ tsp), chillie powder(1 tbs), pepper(1 tsp), curry powder(1 tbs) and salt to season.

Combine all the ingredients well and leave it for 15-20 minutes.

Place the chicken over low-medium fire, pour in the oil(2-3 tbs) and cook for 3-5 minutes or until the onions are soft. make sure to mix and avoid the spices burning.

Once the chicken cubes are cooked, add water(1 cup) and coconut milk(1/2 cup) together.

Stir with a spoon and slow simmer the curry for 20-30 minutes or until the color of the gravy darkens and thickens.

Check taste and season with salt. 15 minutes into cooking time add the dark, roasted curry powder **or** [Jaffna curry powder\(2 tsp\)](#), stir into the gravy.

Slow simmer for another 10-15 minutes until the gravy thickens and the chicken curry takes on a dark color. remove from fire and leave it to cool.

TO MAKE THE PAROTTA ROTI.

I am using frozen parotta roti(pack of 10)that you will find at any large supermarket(refer to beginner's tips on my recommendation of the brand I used or any other tip on making the paratha roti).

Place a Tawa over a slow medium-fire, drizzle 1/2 teaspoon of oil, remove the frozen parathas from the cover and transfer to the frying pan.

Heat both sides of the paratha while pressing down with your spoon to cook through and give it a slightly crispy texture. 3-4 minutes on both sides alternately.

Once done leave it to cool for a few minutes.

Once the parathas are cool, stack two, roll them and cut them into thin strips as shown below. transfer the paratha strips onto a tray. set aside.

Slice the leeks(2), scallions, onions(2), green chillies(1), tomatoes and shred the carrots.

Place the leeks, scallions, green chillies(2) and carrots(1 large) in a bowl and other ingredients separate to be used as needed.

Place a large wok over a low-medium fire. pour in the oil(3 tbs) and break the eggs(4) into the oil, scramble the eggs for 2 minutes.

Once the eggs are scrambled, add the onions(1 medium), green chillies(1) and tomatoes(2 medium) into the wok. combine for 3 minutes.

Add the leeks, scallions and the carrots into the wok and combine for another two minutes.

Add the red chillie powder(1 tsp), pepper(1 tsp), salt to season, red chillie flakes(2 tsp) and combine well.

Using two wooden spoons combine all the ingredients in the wok, and continue to cook for 5 minutes over low-medium fire until the carrots and leeks are soft.

Add the strips of parotta roti to the wok. this is where you get to the kottu dance with your spoons.

You can replicate your favorite kottu man's harmonious musical mixing sound but you can also do what I did, I made my own kottu beat with the help of two wooden spoons.

Combine the strips of paratha well with the vegetable mix at least for 5 minutes.

Once done, add the chicken curry to the wok and continue to break down the kottu while mixing all the ingredients well. taste and season with salt.

Serve warm.

Nutrition Information: YIELD: 5 SERVING SIZE: 1

Amount Per Serving: CALORIES: 706 TOTAL FAT: 44g

SATURATED FAT: 11g TRANS FAT: 0g UNSATURATED FAT: 29g

CHOLESTEROL: 290mg SODIUM: 578mg CARBOHYDRATES: 34g FIBER: 8g

SUGAR: 8g PROTEIN: 46g

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CUISINE: Sri Lankan / **CATEGORY:** one pot meals

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