

## Easy One-Pot Caribbean Curry Chicken: A Flavor-Packed 45-Minute Meal

Authentic Caribbean Curry Chicken with Coconut Milk: A Tropical Comfort Feast



**TIME**  
**15 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

Chicken: 2 lbs chicken thighs (bone-in or boneless), cut into bite-sized pieces.

Caribbean Curry Powder: 3 tablespoons (look for brands like Blue Mountain Country or Chief).

Coconut Milk: 1 can (13.5 oz) full-fat for maximum creaminess.

Potatoes: 2 large Yukon Gold or Russet potatoes, peeled and cubed.

Onion: 1 medium yellow onion, chopped.

Garlic: 4 cloves, minced.

Fresh Ginger: 1 tablespoon, grated.

Scotch Bonnet Pepper: 1 whole (keep it whole for flavor, or chop it for intense heat).

Fresh Thyme: 4-5 sprigs.

Chicken Broth: 1 cup.

Scallions: 3 stalks, chopped.

Vegetable Oil: 2 tablespoons.

Salt & Black Pepper: To taste.

Swaps and Notes:

**The Spice Level:** If you can't find a Scotch Bonnet, a Habanero pepper is the closest substitute. If you prefer a mild curry, simply omit the pepper or use a deseeded jalapeño.

**The Starch:** If you're following a lower-carb diet, you can swap the potatoes for cauliflower florets, though you should add them in the last 15 minutes of cooking so they don't turn to mush.

**Vegetarian Version:** This sauce is so good it works perfectly with chickpeas (channa) and firm tofu.

**One-Pan Ease:** Much like my Mexican Chicken and Rice Casserole, this dish is designed for efficiency and big flavor.

**Step-by-Step Instructions:**

1. Season the Chicken:
2. Bloom the Spices:
3. SautØ the Aromatics:
4. Brown the Meat:
5. Simmer with Liquid:
6. The Slow Cook:
7. Final Flourish:

**Tips for Success:**

**Don't Rush the Bloom:** Toasting the curry powder in oil is what differentiates a "good" curry from a "great" one. Just be careful not to burn it-keep it moving!

**Full-Fat is Best:** Low-fat coconut milk tends to be watery and can break (separate) during the simmering process. For that premium, thick sauce, stick with the full-fat canned version.

**Potato Power:** Yukon Gold potatoes are my favorite for this because they hold their shape but release just enough starch to help thicken the sauce naturally.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

Calories: 455 kcal

Total Fat: 28g

Saturated Fat: 18g

## DIRECTIONS

1. **Season the Chicken:** Place your chicken pieces in a bowl and season with salt, pepper, and one tablespoon of the curry powder. Let it marinate for at least 15 minutes (or overnight if you're a planner!).
2. **Bloom the Spices:** Heat the vegetable oil in a large heavy-bottomed pot or Dutch oven over medium heat. Add the remaining two tablespoons of curry powder to the hot oil and stir for about 1 minute. This "toasts" the spices and is the secret to an authentic flavor.
3. **SautØ the Aromatics:** Add the chopped onion, garlic, and ginger to the pot. SautØ for 3-4 minutes until the onions are translucent and have taken on that beautiful yellow curry color.
4. **Brown the Meat:** Add the seasoned chicken to the pot. Brown the pieces for about 5 minutes, ensuring they are well-coated in the curry and aromatic base.
5. **Simmer with Liquid:** Pour in the chicken broth and the can of coconut milk. Add the cubed potatoes, thyme sprigs, and the whole Scotch Bonnet pepper. Bring the mixture to a boil, then immediately reduce the heat to low.
6. **The Slow Cook:** Cover the pot and simmer for 30 to 40 minutes. You'll know it's ready when the chicken is tender and the potatoes are soft enough to be easily pierced with a fork.
7. **Final Flourish:** Remove the thyme sprigs and the Scotch Bonnet pepper (be careful not to burst it if you want to keep the heat mild!). Stir in the chopped scallions and taste for seasoning, adding more salt if needed.
8. **Tips for Success:** Don't Rush the Bloom: Toasting the curry powder in oil is what differentiates a "good"

curry from a "great" one. Just be careful not to burn it-keep it moving!

9. Full-: Fat is Best: Low-fat coconut milk tends to be watery and can break (separate) during the simmering process. For that premium, thick sauce, stick with the full-fat canned version.
10. Potato : Power: Yukon Gold potatoes are my favorite for this because they hold their shape but release just enough starch to help thicken the sauce naturally.
11. Serving Suggestions and Pairings: Traditional Caribbean curry is almost always served over white basmati rice or peas and rice. The rice acts as a neutral canvas for the bold, creamy sauce.
12. To balance the richness of the coconut milk, I love serving this with a refreshing side like my Tomato Skillet with Okra for an extra dose of Southern-Caribbean fusion. For a drink pairing, nothing beats a cold, tart Blueberry Lemonade to cleanse the palate between those spiced bites.
13. Nutritional Information (Per Serving): Calories: 455 kcal
14. Total : Fat: 28g
15. Saturated : Fat: 18g
16. Carbohydrates: 22g
17. Protein: 32g
18. Fiber: 4g
19. Storage and Leftover Tips: As mentioned, curry is a champion of leftovers.
20. Fridge: Store in an airtight container for up to 4 days. The flavors will actually deepen and become more harmonious by day two.
21. Freezer: This curry freezes exceptionally well for up to 3 months.
22. Reheating: Reheat on the stove over low heat. If the sauce has thickened too much in the fridge, simply add a splash of water or broth to bring it back to its original silky consistency.
23. More Recipes You Will Love: If you enjoyed this one-pot Caribbean journey, you have to try these other comfort food classics:
24. Cajun : Chicken and Sausage Gumbo - For more deep, slow-cooked flavor.
25. Mexican : Chicken and Rice Casserole - A quick weeknight favorite.

## SWAPS & NOTES

**The Spice Level:** If you can't find a Scotch Bonnet, a Habanero pepper is the closest substitute.

If you prefer a mild curry, simply omit the pepper or use a deseeded jalapeño.

**The Starch:** If you're following a lower-carb diet, you can swap the potatoes for cauliflower florets, though you should add them in the last 15 minutes of cooking so they don't turn to mush.

**Vegetarian Version:** This sauce is so good it works perfectly with chickpeas (channa) and firm tofu.

## TIPS FOR SUCCESS

Don't Rush the Bloom: Toasting the curry powder in oil is what differentiates a "good" curry from a "great" one.

Just be careful not to burn it-keep it moving!

Full-Fat is Best: Low-fat coconut milk tends to be watery and can break (separate) during the simmering process.

For that premium, thick sauce, stick with the full-fat canned version.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-one-pot-caribbean-curry-chicken-a-flavor-packed-45-minute-meal/>