

SEE-PYAN (Chicken Curry)

FROM THE KITCHEN OF

Fatima

FLAVORS OF

Myanmar



INGREDIENTS

500g skinned chicken, chopped into bite-sized pieces

2 tsp hot curry powder

1 tsp ground turmeric

½ tsp garam masala

1 ¼ tsp salt

1-inch piece of ginger, peeled

3 cloves of garlic

2 medium onions

Splash of water

½ tsp cayenne pepper

2 tsp bright red paprika

Corn oil for frying

2 tomatoes, peeled and chopped

1 tbsp fish sauce (nam pla)

1 stick lemongrass, outer leaves removed and bulbous part gently bashed

250ml water

Cilantro leaf for garnish

CONTINUED 

INSTRUCTIONS

In a bowl, combine the chopped chicken with hot curry powder, turmeric, garam masala, and salt. Mix well to coat the chicken evenly. Cover and refrigerate for at least an hour to allow the flavors to meld. In a blender, combine ginger, garlic, and onions with a splash of water until a smooth paste forms. Add cayenne pepper and paprika to the blender and mix well. Heat a large pan over medium heat and add a generous amount of oil. Once hot, add the onion paste and fry for 6-7 minutes until fragrant. Add the marinated chicken to the pan and cook for another 3-4 minutes, stirring regularly. Stir in chopped tomatoes, fish sauce, and lemongrass. Gently simmer for 2 minutes. Pour in 250ml of water and cover the pan with a lid. Let it simmer gently for 25 minutes. Remove the lid for the last few minutes and increase the heat slightly to allow the sauce to reduce and thicken. Garnish with cilantro, and serve the curry hot with rice or bread of your choice.



Fatima

Fatima, a 28-year-old new mother from Myanmar, arrived in the US in 2023 after spending years in a refugee camp. Upon her arrival, she discovered her pregnancy. As she eagerly awaits her husband's arrival from Myanmar, Fatima is filled with a mix of excitement and worry, knowing the dangers he faces back home. Her greatest aspiration is to reunite with her husband and start a happy life together with their baby in the US. In her free time, Fatima finds comfort and creative expression in making her own clothes and sewing.



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