



*Presents*



## **Chicken & Vegetable Curry with Basmati Rice**

Presented on June 14 , 2014 by Thomas Stratton

Ingredients:

Chicken & Vegetable Curry:

- 1 lb chicken breast
- 1 T curry powder (or more if desired)
- 1/2 t salt
- 2 T olive oil
- 1 C carrots, peeled and chopped into 1/2 inch chunks
- 1 onion, peeled, halved and sliced
- 1-2 potatoes, scrubbed and cubed with peels on (can use sweet potatoes if desired)
- 1 zucchini or patty pan squash, sliced
- 2 C bok choy (or another leafy green like spinach or kale)
- 2 cans (15 oz) coconut milk
- 3 C water

1. Heat 1 T of oil in a large pot or wok over medium heat. Add chicken, curry powder and salt and cook the chicken until it is no longer pink in the middle. Transfer meat to a bowl. Using two forks, shred the chicken.
2. Add the remaining olive oil to the pan along with the carrots, onion, potatoes, and squash. Sautee until the vegetables are cooked through but not mushy.
3. Add the bok choy and sautee lightly.
4. Return the chicken to the pan, add the coconut milk and water, and stir. Bring the mixture to a boil, and then immediately reduce heat to medium-low. Simmer for about 15 minutes uncovered.
5. Adjust seasonings and serve over basmati rice (see instructions below).

Rice:

- 1 C basmati rice
- 1.5 C water
- pinch of salt
- 1 T olive oil

1. Rinse rice in cold water at least three times.
2. Put rice, water, salt and oil in a pot with a tight-fitting lid and bring to a boil over high heat, uncovered.
3. Without stirring, allow water level to reduce to the same level as the rice. Reduce heat to low, cover and cook until rice is tender.

Nutritional Content Per Serving:

Calories-471cal, Carbs - 46g, Fat - 48g, Protein - 11g, Sodium - 413mg, Sugar - 8g