

brazilian chicken curry

TOTAL TIME

30 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Complete your meal with a fresh salad blend and whole grain bread. You can make this dish vegetarian by omitting the chicken.

SHOPPING LIST

Dry Grocery

2 tsp curry powder
1/2 cup light coconut milk
1 tbsp tomato paste

Frozen

1 (10-oz) bag pre-cooked brown (or white) rice

Meat

2 boneless, skinless chicken breasts (about 1 lb)

Produce

1 medium baking potato
1/2 bunch fresh cilantro
1/2 inch fresh ginger root
2 tsp minced garlic
1 large red bell pepper
1 large yellow onion

From Your Pantry

cooking spray
1/2 tsp kosher salt

COOKING SEQUENCE

- Prepare vegetables, begin to cook chicken - 20 minutes
- Prepare rice and complete chicken; serve - 10 minutes

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INGREDIENTS

1 1/2 cups yellow onion, coarsely chopped	1/2 teaspoon kosher salt
1 1/2 cups red bell pepper, coarsely chopped	1/4 teaspoon pepper
1 cup baking potato, coarsely chopped	2 teaspoons curry powder
2 teaspoons fresh ginger, finely grated	1 (10-oz) bag frozen pre-cooked brown (or white) rice
3 tablespoons fresh cilantro, coarsely chopped	1/2 cup light coconut milk
2 boneless, skinless chicken breasts (about 1 lb)	1 tablespoon tomato paste
	2 teaspoons minced garlic

COOKING SEQUENCE

PREP

- Chop onion and pepper; cut potato into 1/2-inch-pieces.
- Peel and grate/chop ginger; chop cilantro.
- Cut chicken into bite-size pieces (wash hands).

STEPS

1. Preheat large nonstick sauté pan on medium-high 2–3 minutes. Coat vegetables with cooking spray, place peppers, onions, and potatoes in pan; cook 3–4 minutes or until browned.
2. Coat chicken with cooking spray, then season with salt, pepper, and curry powder. Add chicken to vegetables; cook and stir 3–4 minutes or until chicken has browned on all sides.
3. Prepare rice following package instructions.
4. Whisk coconut milk, tomato paste, ginger, and garlic until smooth. Reduce heat to low, add sauce to chicken, and cover; simmer and stir 3–4 minutes or until potatoes are tender and chicken is 165°F. Stir in cilantro. Serve over the rice.

CALORIES (per 1/4 recipe) 310kcal; FAT 5g; CHOL 65mg; SODIUM 250mg; CARB 39g; FIBER 4g; PROTEIN 28g; VIT A 40%; VIT C 170%; CALC 6%; IRON 10%



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