

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Easy Chicken Curry

Ingredients

4-5 chicken breasts, chopped
1 onion, chopped
½ cup ginger, chopped
2 cloves garlic, chopped
4-5 tbsp Thai red curry
1 can “lite” coconut milk
1 cup baby carrots
2 cups of green beans
4 cups Yukon Gold potatoes (3 medium)
1 tbsp sesame oil
1 red chili pepper, chopped (optional)
Salt and pepper
1 lime



Instructions

1. Stir-fry chicken on high heat until browned (3 min). Add onion, ginger and garlic.
2. Add coconut milk and bring to a close boil. Add curry paste, vegetables, potatoes, and chili pepper. Add water until ingredients are almost covered.
3. Simmer for 30 minutes on low-medium heat with the lid on. Add sesame oil and cook for 1 minute before serving.
4. Serve over basmati rice or rice noodles. Season with salt and pepper to taste. Squeeze lime on top.

Nutritional Info (per serving)	
Fat: 12g	Calories: 346
Protein: 29g	Saturated Fat: 8g
Fiber: 5g	Carbohydrates: 31g
	Sodium: 573mg

Eating Well. (2013). Chicken coconut curry. Retrieved from <http://www.eatingwell.com/>