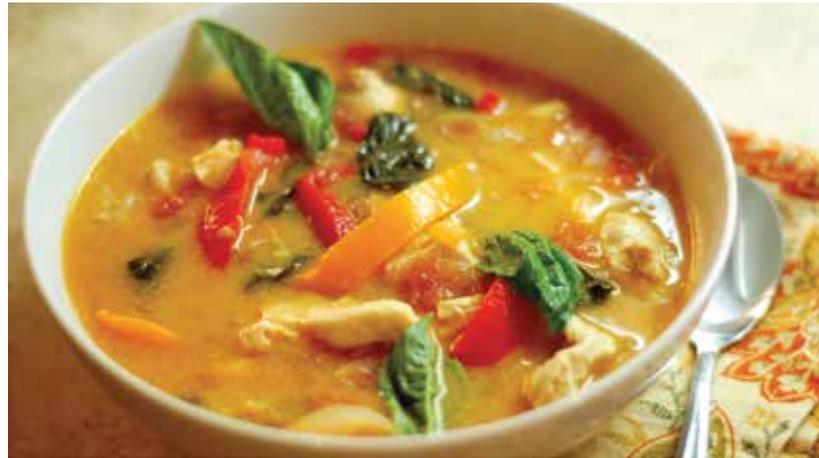# QUICK & HEALTHY
MEAL IDEAS
EASY CHICKEN CURRY

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

- Stir-fry chicken on high heat until browned (3 min). Add onion, ginger and garlic.

- Add coconut milk and bring to a close boil. Add curry paste, vegetables, potatoes, and chili pepper. Add water until ingredients are almost covered.

- Simmer for 30 minutes on low-medium heat with the lid on. Add sesame oil and cook for 1 minute before serving.

- Serve over basmati rice or rice noodles. Season with salt and pepper to taste. Squeeze lime on top.

NUTRITIONAL INFORMATION (PER SERVING)	
CALORIES	346
FAT	12 g
PROTEIN	29 g
FIBER	5 g
SATURATED FAT	8 g
CARBOHYDRATES	31 g
SODIUM	573 mg

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