



© 2015 Longo's. All Rights Reserved.

Wednesday

Make Chicken Curry and rice.
Thaw Greens and Chickpea
Soup for Thursday.

Cost per Serving
\$2.37

Coconut Chicken Curry

PREP 15 min COOK 15 min SERVES 4
YIELD 5 1/2 cups

INGREDIENTS

- 1 tbsp Longo's 100% Pure Canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 2 tbsp Longo's organics tomato paste
- 1 tbsp curry powder
- Pinch cayenne pepper
- 1 can (398 mL) Longo's light coconut milk
- 1 tbsp (15 mL) all purpose flour
- 1/2 tsp salt
- 1/4 tsp (1 mL) pepper

Reserved chopped chicken from Sunday prep

- 1 large carrot, sliced
- 1 zucchini, sliced
- 1 red pepper, sliced
- 2 tbsp chopped fresh parsley, mint or cilantro (optional)
- 1 cup basmati rice

DIRECTIONS

HEAT oil over medium heat in large skillet. Cook onion, garlic and ginger for 3 minutes or until softened. Stir in tomato paste, curry powder and cayenne for 1 minute. WHISK together coconut milk, flour, salt and pepper. Pour into skillet and bring to a simmer. Stir in chopped chicken, carrot, zucchini and pepper. Cover and simmer for about 8 minutes or until vegetables are tender crisp and chicken is heated through. SPRINKLE with parsley, if using to serve. COOKED RICE: Place rice in rice cooker with water or saucepan and steam until rice is tender. Serve with curry.

PER SERVING (1/4 recipe): 300 calories; 22 g protein; 16 g fat; 18 g carbohydrate; 3 g fibre; 11 g sugars; 433 mg sodium.