Fruity Chicken Curry

Inspired by India, a sweet flavor, packed full of delicious chicken, vegetables and fruit. Served with fluffy Basmati rice, raita and naan bread – a flavoursome combination which children will love.

Influence: India   Serves 10 children   40 minutes

INGREDIENTS

Oil, canola 10ml (½ T)

Onions, diced 40g (½ medium)

Garlic, fresh 5g (1 clove)

Carrots, grated 200g (3 medium)

Curry powder, mild 1g (1 t)

Chicken breast, skinless, diced 500g (2 ½ fillets)

Tomatoes, diced, canned 210g (½ tin)

Apples, peeled, diced 100g (1 medium)

Lite Coconut milk, canned 165ml (2/3 C)

Sultanas 100g (2/3 C)

Peas, frozen 150g (1 C)

Rice, dry 100g (1 C)

DIRECTIONS

1. Heat the oil in a frypan and add the onion, carrot and curry powder and cook for 4-5 minutes or until onion has softened.
2. Add chicken and cook a further 4 minutes until brown.
3. Reduce heat and add tomatoes and apples, stir for 5 minutes.
4. Add the coconut milk, sultanas and peas, simmer for 5 minutes.
5. Cook rice (per packet instructions) to serve as an accompaniment.

Allergy Information

Contains: no common allergens.

Some coconut milks contain casein (cow's milk protein); check curry powder for wheat, gluten or soy.

Childcare RDI Calculator:

Fat	████████████████	**80 %**
Vegetables	████████████████	**80 %**
Meat/Alt*	████████████████████	**100 %**
Cereals	██████	**30 %**
Dairy		**0 %**
Fruit	████████	**40 %**

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sources from the Nourish Cookbook: The complete guide
for Food Coordinators in Education and Care Services

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