THE J.M. SMUCKER Co

Chicken and Vegetable Curry

Prep Time	Cook Time	Serves	Difficulty
30 mins	25 mins	6	N/A

Ingredients

- 1 tbsp (15 mL) Canola Oil
- 1 onion, diced
- 4 cloves garlic, finely minced
- 1 tbsp (15 mL) fresh ginger, finely minced
- 2-3 tsp (10-15 mL) curry powder, to taste
- 1 lb (454 g) boneless skinless chicken breast, diced
- salt and pepper to taste
- 1 red pepper, diced
- 1 sweet potato, diced
- 2 white potatoes,, diced
- 1 can (354 mL) **Carnation®** Evaporated Milk, Regular or 2%
- 1 cup (250 mL) frozen peas
- 1/2 cup (125 mL) fresh cilantro, chopped

Directions

Step 1:

Heat oil over medium heat in large skillet. Add onion, garlic, and ginger and cook until softened, about 3 minutes. Add curry powder and cook stirring frequently, 1-2 minutes until fragrant. Sprinkle chicken with salt and pepper and add to pan. Brown chicken on both sides. Add pepper, sweet potato, potato and stir frequently, ensuring that vegetables are coated with curry powder. Add evaporated milk, increase heat to high and bring to a boil. Reduce to simmer, cover and cook 10-15 minutes or until potatoes are soft. Add peas and cilantro and cook uncovered another 5 minutes, until peas are hot. Serve with warm naan or over Basmati rice.

Tip: cauliflower and green beans work well in this recipe, but cooking time will need to be reduced.

Images

