



Cook time: 25 mins

Serves: 4

Prep time: 10 mins

Curry Chicken

Ingredients

- 400g chicken leg, boneless, skin removed
- 2 onions, quartered
- ½ tsp chilli powder
- ½ tsp turmeric powder
- 1 tsp curry powder
- 1 tsp ginger
- 2 cloves garlic, crushed
- 1 green capsicum, sliced
- 1 red capsicum, sliced
- ¼ tsp salt
- ¼ tsp pepper
- 1 tbsp sunflower oil
- 480g low-fat evaporated milk
- 4-5 curry leaves

Method

- Rub the chicken leg with salt.
- Heat oil in a non-stick wok, stir-fry the onions for 1 minute.
- Add chilli powder, turmeric powder, curry powder, curry leaves, ginger and garlic. Cook gently for 1–2 minutes.
- Add chicken and fry on all sides until golden.
- Add the evaporated milk and capsicums, and bring to a boil. Then, lower heat to simmer covered for 15–20 minutes or until chicken is cooked.
- Serve hot with brown rice or wholemeal bread.

Nutrition Information (Per Serving):

Energy: 364kcal
Protein: 39g
Total fat: 12.8g
Carbohydrates: 22.2g
Dietary fibre: 2g