



SPOTLIGHT RECIPE

COCONUT-CURRY CHICKEN

SERVES 8

INGREDIENTS

- 2 pounds boneless, skinless chicken breasts, cut into 1/2-inch chunks
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 1/2 tablespoons vegetable oil
- 2 tablespoons madras curry powder
- 2 cups onions, julienned
- 2 cloves garlic, crushed
- 14 ounces coconut milk
- 2 cups plum tomatoes, diced
- 1 cup red bell peppers, julienned
- 1/2 cup cilantro, chopped
- 1 tablespoon sugar

DIRECTIONS

Season the chicken pieces with the salt and black pepper.

Heat the oil and curry powder in a large skillet over medium-high heat for 2 minutes. Stir in the onions and garlic, and cook 1 minute more. Add the chicken, tossing lightly to coat with the curry oil. Reduce the heat to medium and cook for 7 to 10 minutes.

Pour the coconut milk, tomatoes, bell peppers, cilantro and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 25 to 30 minutes.

Side dishes

Grilled Zucchini • Steamed Rice

