

CHICKEN CURRY



Serves: 4 Ready in: 20 mins Cost per serve: \$2.55

Ingredients

2 tsp olive oil
1 white onion, chopped
2 cloves garlic, minced
200g raw chicken breast, diced
1 tbsp curry powder (to taste)
400g canned diced tomatoes, drained
 $\frac{1}{3}$ cup salt reduced chicken broth
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp black pepper
 $\frac{3}{4}$ cup plain or Greek yogurt
3 cups cooked rice
Chopped parsley (optional)



Directions

1. Heat olive oil in a pot over medium heat.
2. Add onion and saute for 4-5 minutes, until softened. Add garlic and saute another 30 seconds.
3. Add chicken and cook for 7-8 minutes, stirring occasionally, until cooked through. Stir in curry powder, diced tomatoes, salt, pepper and chicken broth.
4. Bring to a low simmer and cook for 2-3 minutes, until slightly thickened.
5. Turn off the heat and stir in the yogurt until just combined. Serve hot with rice.

✓ Tips



Opt for brown rice instead of white rice for a boost in fibre and important minerals!

Add your favourite frozen veggies for a quick and easy way to bulk up the meal.

Use leftovers by substituting chicken with leftover protein from other meals.

