Chicken and Vegetable Curry

Cook Time	Prep Time
20 minutes	10 minutes

NUTRITION FACTS

Number of Servings **4**

Calories Per Serving **278**

Total Fat **179**
- Saturated Fat 10.7g
- Trans Fat 0g

Cholesterol **48 mg**

Sodium **292mg**

Total Carbohydrate
- Dietary Fiber 4g
- Total Sugar 4,3g

Protein **14.6g**

INGREDIENTS

2-3 boneless, skinless chicken thighs, or 1 chicken breast, cut into 1-inch pieces
1/2 tablespoon vegetable oil
1/2 medium onion, diced
1 cloves garlic, minced
1/2 tablespoon ginger, peeled and grated
½ bell pepper diced
1 cup green beans trimmed
1 cup butternut squash or sweet potato, peeled and diced
1-2 tablespoons yellow curry powder
1/2 (13.5 ounce) can coconut milk
1/2 (15 ounce) cans chickpeas, drained and rinsed
1 cup water
1 tsp onion powder
1/2 tsp garlic powder
Salt and pepper, to taste

Chopped fresh cilantro and lime wedges, for garnish (optional)

Naan bread or rice, to serve (optional)

DIRECTIONS

In a large skillet, heat the oil over medium. Season chicken with half of the curry powder.

Add the sliced onion, squash and chicken to the skillet. Cook without stirring until the chicken is seared, about 4-5 minutes..

Add the green beans, bell pepper, ginger and garlic. Add the remaining curry powder, onion and garlic powders, salt and pepper and stir until toasted, about 1 minute.

Pour in the coconut milk and water and stir in the chickpeas. Cover with a lid and let simmer until the sauce is thickened and the green beans and squash are tender, about 10 minutes, stirring occasionally.

Garnish with chopped cilantro and serve with lime wedges over basmati rice and/or with naan.

TIPS

TOTAL CARBS = 19.28

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