



—Curry— Chicken

Serves 4

Prep time: **10 mins**
Cook time: **25 mins**
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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: **364 kcal**
Protein: **39g**
Total fat: **12.8g**
Carbohydrates: **22.2g**
Dietary fibre: **2g**

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Health Bites



Spice up your dishes

Add a new twist to your favourite dishes by seasoning with herbs and spices instead of regular salt for an interesting and varied range of flavours.



Super substitute

Coconut milk contains high amounts of saturated fat. You can avoid the unnecessary fat by swapping out half the coconut milk with low-fat milk, low-fat yoghurt, water or soup stock to create a healthier dish.



An easy way to trim fat

You can trim off the excess fat in your soup by simply skimming away the visible fat and oil that float on the surface of the soup.

