

17-minute Creamy Japanese Chicken Curry



Ballarat Health Services

Ingredients

1 tablespoon
peanut oil
650g chicken
tenderloins
2 small red onion,
sliced into thin
wedges
1-2 blocks S&B
Golden Curry Sauce
Mix
2 bunches of
broccolini, trimmed,
halved lengthways
60g pkt baby
spinach
270ml can light
coconut milk
Lime wedges, to
serve
Steamed rice, to
serve
NOTE: try basmati
rice for a
lower GI



Method

Step 1 Heat the oil in a wok or frying pan over high heat. Add the chicken and cook, turning halfway, for 5 minutes or until nearly cooked through. Transfer to a plate.

Step 2 Add half the onion to the wok. Reduce heat to low and stir-fry for 1 minute or until soft. Add 250ml (1 cup) of water and the curry blocks. Cook, stirring for 1 minute or until the curry dissolves.

Step 3 Add the broccolini to the pan and simmer, stirring often, for 2 minutes or until broccolini is tender-crisp. Use a slotted spoon to transfer to the plate with the chicken.

Step 4 Add the light coconut milk to the wok. Simmer for 5 minutes or until sauce has thickened. Use your fingers to tear the chicken into pieces. Add the chicken and broccolini to the wok with the spinach. Stir for 1 minute to heat through. Serve sprinkled with the remaining onion.

Beat the week-
night rush with a
meal that's quick-
er than take away

Source: www.taste.com.au