

Healthy Chicken and Coconut Curry

Ingredients

- 1 large red onion
- 2 garlic cloves, chopped
- 2 tsp grated fresh ginger
- 3 long fresh red chillies, chopped
- 1 stick lemongrass, white part only, chopped
- 1/4 cup chopped coriander stems and leaves, plus extra leaves to serve
- Finely grated zest and juice of 1 lime
- 3 tsp macadamia oil
- 500g chicken breast fillets, coarsely chopped
- 250ml (1 cup) light coconut milk
- 125ml (1/2 cup) Massel salt reduced chicken style liquid stock
- 350g peeled pumpkin, cut into 2cm pieces
- 200g green beans, halved
- 200g snow peas, halved diagonally
- 1 tsp fish sauce
- 300g (2 cups) cooked quinoa, to serve

Method

- Coarsely chop half the onion. Thinly slice the remaining half. Process the chopped onion, garlic, ginger, chilli, lemongrass, coriander, lime zest and 2 tsp of the macadamia oil in a food processor until a coarse paste forms.
- Heat the remaining 1 tsp of macadamia oil in a large saucepan over medium heat. Add the sliced onion and cook, stirring, for 2-3 minutes or until aromatic. Add the curry paste and cook, stirring for 1- 2 minutes or until aromatic. Add the chicken and cook, stirring, for 3-4 minutes or until browned. Add the coconut milk, stock and pumpkin and bring to the boil. Partially cover and reduce heat to low. Simmer gently for 10 minutes or until the pumpkin is almost tender.
- Add the beans and snow peas to the saucepan and simmer, partially covered, for 2-3 minutes or until tender. Stir through the fish sauce and lime juice to taste. Serve with the quinoa, sprinkled with extra coriander leaves.

<https://www.taste.com.au/recipes/healthy-chicken-coconut-curry-recipe/e7m0prxr?r=recipes/kidshealthyrecipes&c=a91da572-616c-44a6-bc76-05f675fabedc/Kids%20healthy%20recipes> accessed 2 August 2021