

# Chicken Curry

serves 4

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## INGREDIENTS

Chicken thigh (boneless and fat removed)	400g
Onion	150g
Green capsicum, sliced	30g
Chili powder	½ teaspoon
Turmeric powder	½ teaspoon
Curry powder	1 teaspoon
Curry leaf	2g
Ginger	1 teaspoon
Garlic, crushed	2g
Salt	¼ teaspoon
Pepper	¼ teaspoon
Canola oil	1 tablespoon
Low fat evaporated milk	450g

## METHOD OF PREPARATION

1. Rub the chicken thigh with salt.
2. Heat oil in a frying pan and fry the onions until translucent.
3. Remove the onion for the pan and add chili powder, turmeric powder, curry powder, curry leaf, ginger and garlic.
4. Cook gently for a few minutes.
5. Add chicken and fry on all sides until golden.
6. Add the onions and evaporated milk.
7. Simmer, then cover pot for 20 minutes or until chicken is tender.
8. Remove lid and cook for another 5 minutes.
9. Garnish with capsicum slices, and then serve.

## NUTRITION INFORMATION per serving (without rice)

Energy	264 kcal
Protein	27g
Carbohydrate	16g
Total Fat	10g
Saturated Fat	1g
Dietary Fibre	1g
Cholesterol	109mg
Sodium	379mg
Carbohydrate exchange:	~1 exchanges