

Creamy Chicken Curry

This delicious recipe pairs well with many different kinds of whole grains. Try wild rice, or choose the whole grain versions of pasta, naan, bread, or barley.



Ingredients:

2 lbs	Chicken pieces, skinless	900 g
¼ cup	Vegetable oil	60 mL
2 sticks	Cinnamon sticks	2 sticks
6 seeds	Cardamom seeds	6 seeds
6 cloves	Cloves	6 cloves
1 leaf	Bay leaf	1 leaf
1 cup	Onion, chopped	250 mL
1 tsp	Ground turmeric	5 mL
1 tsp	Paprika or chili powder	5 mL
2 tsp	Ginger, peeled and grated	10 mL
2 tsp	Garlic, peeled and minced	10 mL
6 Tbsp	Cashew butter	90 mL
2 Tbsp	Curry paste	30 mL
½ cup	Fresh coriander, chopped	125 mL
1 cup	Plain 1% M.F. yogurt	250 mL
½ cup	Evaporated 0% M.F. milk	125 mL
6 cups	Cooked wild rice	1.5 L

Directions:

1. In a heavy pan, heat oil and add cinnamon, bay leaf, cardamom and cloves. Cook on medium heat until they begin to crackle.
2. Add the onion, turmeric, and chili powder and cook until onion is soft.
3. Add ginger, garlic, cashew butter and curry paste, and cook for one minute.
4. Add chicken pieces, cook for another 10 minutes.
5. Add 1 to 2 cups of water, cover and simmer on medium heat until chicken pieces are fully cooked (internal temperature of 165°F / 74°C).
6. Add yogurt and evaporated milk; continue to cook for 2 to 3 minutes.
7. Remove chicken from heat, garnish with coriander.
8. Serve hot with cooked wild rice (¾ cup per serving).

Makes 8 servings (425 mL / 1 ¾ cup / 318 g)

Creamy Chicken Curry

Nutrition Facts	
Per 1/8 of recipe (425 mL / 1 ¾ cup / 318 g)	
Amount	% Daily Value
Calories 420	
Fat 16 g	25 %
Saturated 3 g + Trans 0 g	15 %
Cholesterol 80 mg	
Sodium 270 mg	11 %
Carbohydrate 37 g	12 %
Fibre 4 g	16 %
Sugars 6 g	
Protein 34 g	
Vitamin A	30 %
Vitamin C	25 %
Calcium	15 %
Iron	20 %

Nutrient Claim	Amount per serving
High source of fibre	4 g
Very high in potassium	653 mg
Source of calcium	143 mg
Very high in magnesium	113 mg
Very high in folate	56 mcg
Very high in iron	3 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	1
Milk and Alternatives	¼
Meat and Alternatives	1

This is a Choose Sometimes recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.