



GEORGINA



RECREATION AT HOME

Coconut Cashew Curry Chicken

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4 servings (1 cup/250 mL each)

Ingredients:

- 1/2 cup (125 mL) cashews
- 1 cup (250 mL) water
- 1 can (400 mL) light coconut milk
- 1 Tbsp (15 mL) canola oil
- 1/2 Onion, finely diced
- 1 Tbsp (15 mL) grated ginger
- 3 cloves garlic, minced
- 2 Tbsp (30 mL) garam masala
- 2 tsp (10 mL) curry powder
- 2 tsp (10 mL) Thai red curry paste
- 1 tsp (5 mL) ground turmeric
- 1/4 tsp (1 mL) cayenne
- 1/4 tsp (1 mL) salt
- 1 lb (454 g) boneless skinless chicken breasts, chopped
- 1 can (5 oz) tomato paste

Directions:

- Soak cashews in water for one hour. Drain and place in blender with coconut milk. Puree until smooth; set aside.
- In a large non-stick skillet or saucepan, heat oil over medium heat. Cook onion, ginger and garlic for two minutes. Add garam masala, curry powder and paste, turmeric, cayenne and salt; cook, stirring for one minute. Stir in chicken and coat with spice mixture. Add tomato paste and stir to coat.
- Pour in cashew coconut mixture and bring to a simmer. Cook, stirring gently for about 20 minutes or until chicken is no longer pink.

Tips:

Paneer Option: To make this vegetarian, use 1 chopped package (400 g) of paneer instead of the chicken.

Resources:

<https://www.unlockfood.ca/en/Recipes/Kid-friendly-award-winning-recipes/Coconut-Cashew-Curry-Chicken.aspx>

