

Coconut Chicken Curry

Serves: 8

Prep: 20 mins

Cook: 20-25 mins



Dietary: EF, NF, GF, DF

Age group: 6 months+

Difficulty level: Beginner

Coconut Chicken Curry



Nut-Free



Dairy-Free



Gluten-Free



Egg-Free

Equipment

High-speed food processor

Ingredients

- 1 brown onion (60g), rinsed and chopped
- 1 medium-sized carrot (80g), peeled and roughly chopped
- ½ red or yellow capsicum, rinsed, seeds removed and roughly chopped
- 2 garlic cloves (20g), peeled
- 1 tsp ginger (5g), peeled and grated
- 2 tsp (4g) curry powder
- 1 tbsp (20ml) lime juice
- 1½ tbsp (30ml) extra virgin olive oil
- 600g chicken thighs or breast, diced
- 1 medium-sized sweet potato (300g), peeled and cubed
- 1 cup (250ml) coconut milk
- 1 cup (250ml) low-sodium vegetable stock
- 2 tbsp fresh coriander (10g), rinsed and finely chopped

Method

1. Place onion, carrot, capsicum, garlic, ginger, curry powder and lime juice in a food processor and process until finely crushed or pureed.
2. Heat oil in a large pot over medium heat and cook the onion-veggie mix for 3-4 mins, or until softened.
3. Add chicken and cook for 3-4 mins or until browned from both sides.
4. Add sweet potato, coconut milk and stock and cook for 15 mins or until the meat and vegetables are tender.

Serving Suggestion: Serve coconut curry, pureed, mashed or chopped with a side of steamed vegetables.

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

- ✓ **Easy Ingredient Swaps:** Swap vegetables for seasonal vegetables of choice.
- ✓ **Baby-friendly Version:** Serve mashed or in finger food-sized pieces.
- ✓ **For Fussy Eaters:** Deconstruct this meal by serving the chicken separate from the sauce and vegetables. Puree the vegetables in to the sauce before adding the chicken.