

# Chicken Curry

Recipe with thanks from Camboon Primary School

Traffic light category: **Green**

Serves: 35 (200g serve)

## Ingredients

- 4 tablespoons canola oil
- 3 brown onions, finely chopped
- 3kg raw chicken meat, diced
- 6 medium potatoes, diced
- 6 medium carrots, diced
- 1/3 cup curry powder mixture \*
- 600mL reduced salt chicken stock
- 3 x 425g tins lite coconut milk
- 500g green beans, trimmed, chopped into small pieces

## \*Curry powder

- 1/2 cup garam masala
- 1/4 cup ground cardamom
- 1/4 cup ground coriander
- 1/4 cup ground ginger
- 1/4 cup ground cumin
- 2 tablespoons smoked paprika
- 1/4 cup turmeric

## Method

1. Heat 2 tablespoons of the oil in large pot over medium heat. Add onion and cook, stirring for 5 minutes or until soft and translucent
2. Mix all the curry powder ingredients together in a small container. Add 1/4 cup of powder to the pot, cook, stirring, for 1-2 minutes
3. Add chicken stock and coconut milk and slowly bring to the boil. Reduce immediately to a low simmer (take care not to leave the heat too high, or the coconut milk may split)
4. Simmer on low for 15-20 minutes
5. In a separate large pot heat remaining oil, add chicken and cook until coloured
6. Add potato and carrot, cook 5 minutes, add remaining curry powder mix, cook, stirring, for 2 minutes
7. Add vegetable mix to sauce and simmer for 20-30 minutes or until thickened and vegetables are soft, but still hold their shape. Add beans in the last 5 minutes
8. Serve with cooked rice.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	843kJ	395kJ
Protein	18.6g	8.7g
Total fat	9.5g	4.4g
Saturated fat	3.8g	1.7g
Carbohydrate	8.4g	3.9g
Sugars	1.6g	0.8g
Dietary fibre	3.7g	1.7g
Sodium	1.7mg	50mg

## Notes

- If using cooked chicken, skip step 5 and add chicken with vegetables at step 6.
- Store leftover powder in container for future use.



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