



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHICKEN MULLIGATAWNY

Time: 30 minutes

Serves: 4

Ingredients:

4 cups water
1 onion - finely chopped
¼ cup fresh lemon juice
6 ounces creamed coconut
12 curry leaves
12 green cardamom pods
20 whole peppercorns
8 whole cloves
2 cinnamon sticks
1 teaspoon ground turmeric
2 teaspoons ground cumin
2 tablespoons ground coriander
1 ½ teaspoons Kosher salt
6 cloves garlic - finely chopped or crushed
1 pound boneless-skinless chicken breast - thinly sliced
1 ½ cups baby peas - fresh or thawed frozen

Preparation:

Place all ingredients except the chicken and peas in a large pot over high heat, bring to a boil and simmer for fifteen minutes.

Pour broth through a fine strainer and return to the pot. Stir in the chicken and peas then return to a boil over high heat. Turn off the burner, cover and let stand for two minutes before serving.

Nutritional Information Per Serving:

Calories: 472
Fat: 31g
Carbs: 19g
Fibre: 3g
Protein: 32g