



HEALTHY ONE POT CHICKEN CURRY

RECIPE

☰ Prep: 10 mins
🕒 Cook: 20 mins
🍴 Serves: 10
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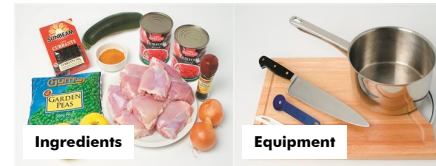
Ingredients

- ▲ 10 skinless chicken thigh fillets
- ▲ 2 apples
- ▲ 4 cups peas or beans
- ▲ 2 onions
- ▲ 4 small zucchinis
- ▲ 2 x 880 crushed tomatoes
- ▲ 1 tbs sultanas
- ▲ 3 tbs curry powder
- ▲ pepper, to taste
- ▲ 4 cloves garlic, crushed

Method

1. Take skin off chicken.
2. Peel and chop apples and onions.
3. Chop zucchini.
4. Place apples, onions, zucchini, peas or beans, chicken, tomatoes, sultanas, curry powder, garlic and pepper into a large saucepan.
5. Bring to the boil slowly and cook over low heat for 1 hour.

Recipe from *Deadly Tucker cookbook (Aboriginal & Torres Strait Islander-FOODcents manual, 2006)*, North Metropolitan Health Service, Department of Health WA, reproduced with permission. You can find more Deadly Tucker recipes [here](#).



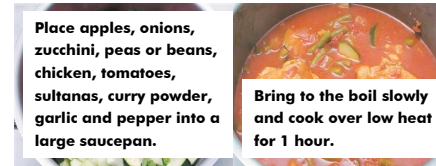
Ingredients

Equipment



Take skin off chicken.

Peel and chop apples and onions. Chop zucchini.



Place apples, onions, zucchini, peas or beans, chicken, tomatoes, sultanas, curry powder, garlic and pepper into a large saucepan.

Bring to the boil slowly and cook over low heat for 1 hour.

Serving Suggestion: Serve with rice, pasta, damper or bread.

Nutrition Information

	per serving	per 100g
Energy	1239 kJ	295 kJ
Protein	27.4 g	6.5 g
Fat, total	8.6 g	2 g
— saturated	2.4 g	0.6 g
Carbohydrate	22.7 g	5.4 g
— sugars	15.4 g	3.7 g
Sodium	665.5 mg	158.8 mg
Fibre	9.1 g	2.2 g