

Curry Chicken with Apples & Pears

Serving Size: 6 oz

Servings: 8

Ingredients:

- 8 skinless, boneless chicken breasts
- 1/4 tsp black pepper
- 1 medium apples, peeled, cored, and sliced
- 1 medium pear, peeled, cored, and sliced
- 1 medium onion, julienne
- ½ oz fresh ginger, minced
- ½ oz garlic, minced
- 3 tablespoons extra virgin olive oil
- 1 tablespoon curry powder, ground
- 1 teaspoon garam masala, ground
- ¼ teaspoon cayenne pepper, ground
- 3 tablespoons all-purpose flour
- 1 cup chicken broth, low sodium
- 1 cup light coconut milk
- 1 oz green onion, thinly sliced (optional)
- ½ oz flat leaf parsley, minced (optional)
- Optional additions: Brown Rice and Sautéed Spinach

Preparation:

1. Season chicken breasts with pepper to taste. Set aside on a plate to use later.
2. In a large sauté pan, cook onion 3-5 min until tender, add ginger and garlic over a medium heat until you begin to smell the aromas of the garlic and ginger, about 1 minute. Remove ingredients from pan, and reserve.
3. In the same pan, heat the olive oil, searing both sides of the chicken breast until a beautiful golden caramelization is achieved, about 3-5 minutes per side, depending on the thickness of the chicken breasts. Remove from the sauté pan, and reserve.
4. Add the remaining olive oil to the pan, with the apples, pears and cooked onion mixture. Cook until the fruit is tender. Add curry powder, garam masala and cayenne pepper; mix well, and continue cooking for another minute, until spices are well blended.
5. Sprinkle in the flour, and continue cooking several minutes longer, until flour is absorbed into the apple mixture.
6. Add chicken broth and coconut milk, stirring well. Add seared chicken back to pan, reduce heat to low, and simmer approximately 15-20 minutes or until chicken is cooked through (165 deg). Remove chicken from pan to serving dish.
7. Simmer to reduce pan sauce to desired thickness. Serve each chicken breast with 2 oz of sauce and equal portions of curried apple mixture. Garnish with green onion and parsley.



Nutrition Facts

Serving Size 6 oz
Serves 8

Amount Per Serving	
Calories	253
% Daily Value*	
Total Fat 10.6g	14%
Saturated Fat 3.2g	
Polyunsaturated Fat 1.1g	
Monounsaturated Fat 4.6g	0%
Cholesterol 83.4mg	28%
Sodium 170mg	7%
Total Carbohydrate 12.1g	4%
Dietary Fiber 2g	7%
Sugars 6.2g	
Protein 26.6g	53%
<ul style="list-style-type: none"> • Vitamin A 3% • Vitamin C 7% • Calcium 2% • Iron 5% • Vitamin D 0% • Magnesium 10% • Potassium 11% • Zinc 9% • Phosphorus 21% • Folic Acid (B9) 6% 	

Healthy Chef Suggestions

- Serve this delightfully flavored dish over 4 oz of your favorite whole grain! Basmati rice, brown rice or couscous, to boost your daily dietary fiber intake!
- Cost conscious? Use up all your ingredients in your meal plan for the week!
 - Try our Apple Pie Overnight Oats recipe to use up your apples, ginger, spices and coconut milk!
 - Leftover curry chicken? Make some curry chicken salad for lunch tomorrow! You can even use some ingredients left from the overnight oats recipes!
- This delicious whole meal will cost a total of \$13.55 and only \$1.69 per serving. If you use the additional suggested recipes, you will have a blissful budget this week!

Substitutions: substitutions are fine!

- No garam masala spice? Try ¾ teaspoon ground cumin and ¼ teaspoon ground allspice.
- No coconut milk? Use any unflavored milk!
- Add more veggies! Cut your vegetables thin like the apples and pears, and add sweet potatoes, carrots, butternut squash, celery, etc.
- Top your dish with some added nutrients by adding walnuts, sliced almonds, shredded unsweetened coconut, or even pomegranate!