Slow cooked mild chicken curry
RECIPE

Slow cooked mild chicken curry

COOK TIME	8 hours
PREP TIME	15 mins
SERVES	4 x

Slow Cooked Mild Chicken Curry

INGREDIENTS

- Canola Oil Spray
- 500 g Lean Chicken Breast, diced
- 1 Onion (160 g), diced
- 3 Carrots (300 g), peeled & diced
- 2 Potatoes (250 g), peeled & diced
- 1/4 Pumpkin (250 g), peeled and diced
- 1 MasterFoods™ Mild Chicken Curry Recipe Base
- 1/2 cup Light Thickened Cream (125 mL)
- 1 cup dry Brown Rice

METHOD

1. Heat oil in pan and cook chicken until brown.
2. Place cooked chicken, vegetables and Recipe Base into a slow cooker and stir.
3. Cook for 4 hours on high or 8 hours on low.
4. Add cream and stir through 10 mins before serving.
5. Meanwhile, cook rice and serve with your MasterFoods™ Mild Chicken Curry.
6. Please note slow cookers vary. Recipe is based on using a 3 litre slow cooker.
7. Turn it up a notch! Add 1 tsp of our ground Turmeric.

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