

LOW FAT CURRIED CREAM CHICKEN

Preparation Time: 15 – 24 minutes depending on the amount

Cooking Time: 10 - 15 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Chicken breasts, skinless	2 Medium	4 Medium	6 Medium	8 Medium
Water	½ Cup	1 Cup	1 ½ Cups	2 Cups
Onion, chopped finely	1 Baby	2 Baby	1 Small	1 Medium
Garlic clove, chopped finely	1 Clove	2 Cloves	3 Cloves	4 Cloves
Fat free (Skim) milk	1 Cup	2 Cups	3 Cups	4 Cups
Cake flour	2 Tbs.	4 Tbs.	6 Tbs.	8 Tbs.
Mustard powder	½ tsp.	1 tsp.	1 ½ tsp.	2 tsp.
Curry paste	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Black pepper, ground	To taste	To taste	To taste	To taste

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Place the water into a saucepan and bring it to a boil. Then add the chicken breasts and poach for 10 – 15 minutes.
- Remove the chicken breasts and allow to cool, then cut the breasts into strips. Retain the cooking water.
- In a separate saucepan, sauté the onions and chopped garlic in the retained chicken water until translucent in appearance and then set aside.
- Combine the cake flour, mustard powder and pepper, and then slowly add the milk, whisking constantly so that no lumps are formed.
- Pour the cold milk mixture into a heavy based pot and heat over a moderate to low heat stirring continuously until the mixture thickens.
- Don't allow the mixture to boil. Add additional milk to the mixture if the mixture is too thick.
- Remove the pot from the heat and stir in the sliced chicken strips and sautéed onions.
- Serve with vegetables and brown basmati rice.

Tips to Reduce Preparation & Cooking Time:

- Buy already sliced chicken breasts.
- Buy already crushed garlic.
- Prepare the chicken cream curry ahead of time so that it simply needs to be reheated and served.

Low Fat Curried Cream Chicken - Analysis per Serving	
Energy:	
Calories (kcal):	316
Protein (g):	40.2
Total Fat (g):	9.6
Saturated Fat (g):	2.6
Monounsaturated Fat (g):	3.4
Polyunsaturated Fat (g):	2.2
Omega-3's (g):	0.2
Cholesterol (mg):	110.0
Carbohydrates (g):	15.3
Of which is sugars (g):	0.0
Fiber (g):	0.7
Sodium (mg):	199.0