



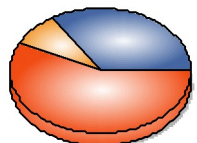
Graeme Thomas Online

Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Chicken Curry

Recipe grams: 1455.00g/51.3oz
Serves 4 363.75g/12.8oz per serving



Protein: 34%
Carbohydrates: 9%
Fat: 57%

INGREDIENTS

- 1 medium ONION, RAW, 2.5" dia
- 2 clove GARLIC, RAW
- 1 tbsp CURRY POWDER
- 4 cup MUSHROOM, RAW
- 1 tbsp GINGER ROOT, RAW
- 1 tbsp COCONUT VEGETABLE OIL
- 10 thigh CHICKEN THIGH, RAW, broiler/fryer, meat only
- 1 tsp CUMIN SEED
- 1 tsp FENNEL SEED
- 1.5 cup COCONUT MILK, CANNED

DIRECTIONS

In a frying pan, heat oil.
Add chicken thighs and cook until no longer pink.
Place chicken in a slow cooker or large cooking pot.
Toss chopped onion, mushroom and garlic into frying pan, sautee until translucent.
Add to slow cooker.
Add 1 can (400 ml) of coconut milk to stock pot.
Season with curry powder, salt, pepper, ginger and cayenne (if you like it hot).

Cook on low for 3-5 hours.

** You can add a can of lentil or chickpeas to increase the fibre content of this meal.

*** If you need a higher carbohydrate meal, serve atop a bed of brown rice.

Nutrition Facts	
Serving Size: 1 serving (363.8g)	
Servings: 1	
Amount Per Serving	
Calories 440	Calories from Fat 260
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 21g	100%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3.5g	
Cholesterol 145mg	50%
Sodium 170mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 39g	
Vitamin A 2%	• Vitamin C 8%
Calcium 6%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet.	