

# Chicken and Vegetables in Yellow Curry

**Servings:** ~6

## Ingredients:

- 1 can coconut milk
- 3 Tbl. Yellow Curry Paste (*I use MAE PLOY brand which is vegetarian [no shrimp paste]; comes in a 2 lb. 3 oz. canister from a restaurant supply outlet.*)
- 1 Tbl. canola oil
- 1 lb. chicken breast, cut into 1 by 1/2-inch strips
- 4 ounces fresh *spinach*, washed, dried and torn
- 1 cup diced carrot
- 1 cup broccoli florets
- 1 c. onion, diced
- 8 oz. sliced mushrooms (fresh or canned)
- 2 cups brown jasmine rice.

## Directions:

1. Follow package directions for making rice.
2. Add oil and curry paste to a large sauté pan over medium heat stirring until well mixed.
3. Add onion and cook over medium heat 5 minutes
4. Add chicken, carrots, broccoli, and mushrooms, and continue cooking over medium to medium-low heat until chicken is done (about 15-minutes).
5. Add coconut milk and spinach and cover for about 2 minutes. Stir in spinach, and continue cooking until spinach wilts. Remove from heat and serve over rice.

## Nutrition:

### 1 cup Curry:

<i>calories:</i> 278	<i>protein:</i> 23g	<i>total carbohydrate:</i> 9.9g	<i>total fat:</i> 16.6g
<i>sugars:</i> 2.5g	<i>sodium:</i> 496mg	<i>dietary fiber:</i> 2.5g	<i>saturated fat:</i> 12.1g

### 1/2 cup rice:

<i>calories:</i> 108	<i>protein:</i> 2.5g	<i>total carbohydrate:</i> 22.4g	<i>total fat:</i> 0.9g
<i>sugars:</i> 0.3g	<i>sodium:</i> 4.8mg	<i>dietary fiber:</i> 1.4g	<i>saturated fat:</i> 0.2g