

THE DIETITIANS NETWORK OF NOVA SCOTIA

Chicken, Chickpea, Tomato, and Green Bean Curry

Recipe Name:	Chicken, Chickpea, Tomato, and Green Bean Curry
Recipe by:	Adapted by Antonia Harvey, RD from <i>Vij's at Home</i>
Short description of recipe:	<p>Indian cuisine focuses on a healthy mix of vegetables, grains, lean proteins, and vibrant spices. However, restaurant versions of traditional dishes are often high in fat and salt.</p> <p>The following recipe is from one of Vancouver's best Indian restaurants and has been modified so that it is low in fat and salt but still rich in flavour.</p>
Serves	3-4
Ingredients:	<p>1 tbsp olive or canola oil 2 medium chicken breasts, cut into bite-sized pieces ½ large red onion, finely chopped 3 cloves of garlic, minced ½ tsp turmeric 2 tsp cumin 2 tsp chilli powder ¼ tsp coriander ¼ tsp salt ¼ tsp cayenne pepper (optional) 1 ½ cups chopped tomatoes ¾ cup canned chickpeas, rinsed ¾ cup frozen cut green beans ½ cup water or low-sodium vegetable or chicken broth</p>
Instructions:	<ol style="list-style-type: none">1. Heat the oil in a large frying pan. Add chicken to pan and sauté until no longer pink on the outside; do not brown.2. Add onion and sauté for 5-8 minutes or until lightly golden brown on the edges.3. Add garlic and sauté for 1-2 minutes.4. Add spices and mix until chicken and onion are evenly coated.5. Stir in tomatoes and cook for 2 minutes or until they begin to soften.6. Stir in chickpeas, green beans, and water/broth.7. Bring to a simmer and cook until green beans are softened but still slightly crisp.8. Serve over brown or jasmine rice.