

CHICKEN CURRY WITH ALMONDS AND SPICY MANGO CHUTNEY

Yield: 4 Portions

Ingredients	Amounts
Almonds, sliced	½ cup
Water, hot	½ cup
Onion, minced	2 Tbsp.
Garlic, minced	½ tsp.
Ginger, minced	½ tsp.
Chicken broth	¼ cup
Curry powder	1 Tbsp.
Chicken thighs, boneless, skinless Cut into 1-inch pieces	1 ½ lb.
Yukon gold potatoes, small cubes	½ lb.
Coconut milk	½ cup
Salt	½ tsp.
Cilantro, chopped	2 Tbsp.
Almonds, toasted, for garnish	2 Tbsp.

Method

1. Soak the sliced almonds in the hot water for 15-20 minutes.
2. Blend the almonds with the water in a food processor or blender until it forms a smooth puree, similar to a cream consistency (about 3-5 minutes).
3. Place the onions, garlic, ginger, chicken broth, and curry into a 2 qt. microwave container and microwave at P10 uncovered for 2 minutes until aromatic.
4. Stir in the almond paste and mix in the chicken. Microwave covered at P10 for 4 minutes, stirring once.
5. Add the potatoes, coconut milk, and salt and microwave at P7 covered for an additional 5 minutes, until the chicken and the potatoes are cooked.
6. Top with chopped cilantro and toasted almonds.

Nutrition Facts	
Serving Size 1 serving	
Servings Per Container 4	
Amount Per Serving	
Calories 440	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 450mg	19%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 37g	
Vitamin A 2%	• Vitamin C 20%
Calcium 6%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	