



YMCA of Greater Nashua Recipes

Staff Recipe

Chicken Coconut Curry

Submitted by Liz Kaas



DIRECTIONS

- In a large skillet at medium-high heat, sauté chicken, broccoli, mushrooms and onion. About 15 minutes.
- Add in coconut milk, curry, turmeric, garlic, and ginger. Turn the heat down to medium-low and cook for another 10 minutes.
- Add salt to taste.

INGREDIENTS

- 2lbs organic, free-range chicken
- 1 can coconut milk
- 3 cups broccoli, chopped
- 1 cup mushroom, chopped and washed
- 1 onion, chopped
- 1.5 TBSP curry powder
- 2 tsp turmeric powder
- 1-2 cloves of garlic, minced
- 1 tsp fresh ginger
- Salt to taste