Feed a family of four for UNDER $15

Coconut Chicken Curry

College Student Recommended!

This recipe taken from:
Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half
by Beth Moncel
Published by Avery in 2014

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2-inch piece fresh ginger, peeled
- 1½ pounds boneless, skinless chicken breast, cut into 1½- to 2-inch chunks
- ½ teaspoon paprika
- ½ teaspoon ground turmeric
- 1 teaspoon hot or mild curry powder
- 2 (13.5-ounce) cans coconut milk
- ½ teaspoon salt
- 6 cups cooked rice
- ¼ bunch fresh cilantro, leaves only (optional)

INSTRUCTIONS

In a large pot, heat the vegetable oil over medium-low heat. Add the onion and garlic and, using a small-holed cheese grater or a Microplane, grate the ginger straight into the pot. Sauté for about 5 minutes, or until the onions are soft and translucent.

Add the chicken to the pot, raise the heat to medium, and continue to sauté until the chicken is cooked through, 7 to 10 minutes.

Add the paprika, turmeric, and curry powder and sauté for 1 minute more. Add the coconut milk and stir, scraping up any browned bits stuck to the bottom of the pot. Reduce the heat to low and cook for 10 minutes more, or until warmed through. Stir in the salt; taste the sauce and adjust the salt, if needed.

To serve, place 1 cup of the cooked rice in each of 6 bowls and then spoon the chicken and curry sauce over the top. Top with cilantro leaves, if desired.

Your Cook Natalie's Notes

- *Smart Shopper Tip* I bought all my spices at Super 1 in the baking/spice aisle. I got the cheaper brands, and everything tasted good!
- I didn't add any salt and didn't notice it was missing!
- To enhance the flavor, I doubled the curry.
- I didn't know how much "2 inches" of ginger was, so I just used 2 teaspoons jarred ginger instead.
- I like a bit of heat, so I added some red pepper flake for some kick. Delicious!