

# SWEET & SPICY CURRIED CHICKEN

## INGREDIENTS

PREPARATION: 20 MINUTES

COOKING: 60 MINUTES

6 SERVINGS



- 1/4 cup olive oil*
- 1/2 teaspoon black pepper*
- 12 chicken drumsticks*

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- 1 cup red or yellow bell pepper, diced*
- 3/4 cup onion, cubed*
- 2 cloves garlic, chopped*
- 2 tablespoons fresh ginger, grated*
- 2 tablespoons Madras curry paste*
- 1 can (14 oz) peaches with their juice, diced*

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- 3/4 cup peach or plain yogurt*
- 1/4 cup coconut milk*
- 2 tablespoons lime juice (1 lime)*
- Freshly chopped coriander for garnish (optional)*

## Nutrient Analysis

### PER SERVING

(1/6 of recipe: 2 drumsticks)

### Renal exchange:

3 Protein + 1 Fruit

Calories	<b>406kcal</b>
Protein	<b>25g</b>
Carbohydrates	<b>11g</b>
Fibre	<b>1g</b>
Total Fat	<b>28g</b>
Saturated Fat	<b>8g</b>
Cholesterol	<b>106mg</b>
Sodium	<b>276mg</b>
Potassium	<b>519mg</b>
Phosphorus	<b>259mg</b>

## PREPARATION

- 1** Heat the oil over medium heat in a heavy skillet.
- 2** Pepper the chicken drumsticks and brown them on all sides.
- 3** Meanwhile prepare the peppers, onion, garlic and ginger.
- 4** Remove the chicken, leaving oil in the pan.
- 5** Reduce the temperature to medium-low, add the curry paste, garlic and ginger directly to the pan. Add the peppers and onion and coat well.
- 6** Return chicken to pan, add peaches with their juice and increase heat to bring everything to a simmer.
- 7** Cover and cook in the oven for 40 min. at 350° F (conventional oven).
- 8** Remove from oven and place on the stove over low heat. Add yogurt, coconut milk and lime juice. Stir gently till heated through. Do not boil.
- 9** Garnish with chopped coriander and serve over white rice.

**Note:** May be made ahead up to **step 7** and refrigerated or frozen in portions.

**To finish:** cook over low heat until heated through and add yogurt, coconut milk and lime juice. Cook rice while heating chicken.

## SUGGESTION

*This recipe can be easily halved.*