



CHICKEN PINEAPPLE COCONUT CURRY

Serves 2  772 calories per serving

INGREDIENTS

2	frozen chicken leg quarters
1 tbsp	vegetable oil
4 cloves	garlic, minced
1 medium	onion
2	bell peppers
2	carrots
1 packet (4 oz.)	pineapple curry sauce (contains eggs)
1 can (13.5 oz.)	lite coconut milk
1 can (15.25 oz.)	pineapple chunks or pieces drained
1/2 cup	whole roasted peanuts, unsalted (optional)
1/2 bunch	cilantro chopped for garnish



Double the measurements for 4 servings or triple them for 6 servings, and use bigger pots, pans, and bowls.



WE WANT TO KNOW WHAT YOU THINK!

Please provide feedback on your Cook WA Meal Kit experience by going to: www.surveymonkey.com/r/CookWA or using the QR code to the left.

Recipe created by Frank Magaña who serves as the head chef at Three Magnets Brewing in Olympia.

Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of sauce ingredients, please visit agr.wa.gov/services/food-access/cookwa

Photos taken by staff and students from The Evergreen State College's Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.



Washington
State Department of
Agriculture

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PREP

- Thaw chicken in fridge 1-2 days before planned meal.
- Finely mince garlic with a sharp knife.
- Cut the onion and bell peppers length-wise into thin slices about 1/2 to 1/4 inch wide.
- Using a sharp knife, hold the carrot firmly and cut into 1 in. pieces.

MAKE CURRY

- Bring two cups of water to boil in a medium saucepan.
- Stir in the rice and let the water return to a light simmer. Stir again. Cover the pot and turn the heat down to low so the rice simmers lightly.
- After 17 minutes, check to see if the rice is tender and all of the liquid is absorbed. *If not absorbed, keep cooking on low for up to 25 minutes total.*
- While rice is cooking, add oil in a large stockpot over medium-high heat. Brown each side of the chicken in the pot for two minutes and set aside.
- Turn stove down to medium heat. Add the garlic and vegetables to the pot used to brown the chicken. Cook until veggies are soft, about 10 minutes.
- Turn stove down to low heat. Place the chicken back into the pot with the cooked vegetables. Add drained pineapple, pineapple curry sauce and coconut milk. Simmer for 25 minutes.
- Adjust salt to taste and add peanuts if desired. Cook for an additional five minutes.

PLATE

- Serve over rice and garnish with chopped cilantro.



Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture's (WSDA) Food Assistance Program.

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Nutrition Facts		
Serving Size		1 Serving
Amount Per Serving		Calories 772
% Daily Values*		
Total Fat	44.67g	57%
Saturated Fat	15.764g	79%
Polyunsaturated Fat	4.512g	
Monounsaturated Fat	1.898g	
Cholesterol	100mg	33%
Sodium	899mg	39%
Total Carbohydrate	70.04g	25%
Dietary Fiber	6.8g	24%
Sugars	36.65g	
Includes 16g Added Sugars		32%
Protein	24.57g	
Calcium	90mg	7%
Iron	6.35mg	35%
Potassium	648mg	14%
Vitamin A	732mcg	81%
Vitamin C	159.6mg	177%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.