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

CHICKEN PINEAPPLE COCONUT CURRY
Serves 2 | 772 calories per serving

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.

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.

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

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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Serving</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories</td>
</tr>
<tr>
<td>% Daily Values*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>44.67g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Protein</td>
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* 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.

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.

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. The Washington State Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans.

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