

SQUASH & COCONUT CURRY CHICKEN

INGREDIENTS

1 Cup Squash Purée
1 Cup Coconut Milk
1 Pound Chicken breast
½ Yellow Onion, diced
2 teaspoons Curry Powder
¼ Cup Mirin or Rice Wine
1 teaspoon Salt
½ Bell Pepper, sliced thinly
2 Tablespoons Blended Oil
2 Cups chopped Bok Choy, optional
1 Pound dry pasta, cooked and oiled

DIRECTIONS

Slice across the chicken breast to create small, thin pieces.

Heat oil over moderate heat in a large sauté pan and add onion and chicken.

Stir sporadically until the chicken has turned white and there is a little golden color on the onion, about 6 - 8 minutes.

Sprinkle in curry and salt, stir to become fragrant before pouring in rice wine and then squash purée and coconut milk.

Bring to a simmer before adding sliced pepper and bok choy if using.

When pasta is cooked, simply stir into sauce and serve.