

# CURRIED CHICKEN & VEGETABLES

BY: Simply Creative Chef Rob Scott

## Ingredients:

1 ½ pound chicken, boneless and skinless  
2 teaspoons cumin  
4 teaspoons flour  
2 tablespoons oil  
1 cup chicken stock 1 tablespoon butter  
1 cup frozen peas, thawed  
1 medium onion, chopped  
2 carrots, peeled and sliced diagonally  
¼ cup heavy cream  
Salt and pepper, to taste  
1 ½ tablespoons curry powder  
1 teaspoon cinnamon

## Directions:

- ❖ Cut chicken into 1-inch cubes
- ❖ In large skillet, sauté chicken in oil and butter until golden brown
- ❖ Remove to plate and cover with tin foil
- ❖ In same skillet, add onion and sauté until soft
- ❖ Add carrots and stir
- ❖ Add curry, cinnamon, and cumin
- ❖ Stir to coat
- ❖ Add flour, stir, and let cook for 30 seconds
- ❖ Add stock and stir until thick
- ❖ Return chicken to the skillet and simmer until carrots are tender, about 20 minutes
- ❖ Add peas and cream
- ❖ Stir well and cook until hot
- ❖ Season with salt and pepper
- ❖ Serve over rice \*\*\*\*Cook Basmati rice according to package directions