

Indian Chicken and Pumpkin Curry (as seen on Today Tonight)

Recipe from the Australian Healthy Cooking Guide

Serves 4

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| 1 tablespoon oil | 1 Heat half of the oil in a frypan, add the chicken and cook over a medium heat until browned. |
| 4 small chicken breast fillets, cubed | 2 Remove chicken, add the remaining oil, then the onions and garlic, and cook for 2 minutes until softened. |
| 1 medium onion, chopped | 3 Add the curry powder, paprika, coriander, cumin and cloves. Cook for 1 minute. |
| 1 clove garlic, crushed | 4 Blend the cornflour and 2 tablespoons of the water to form a thin paste, add the paste to the evaporated milk and remaining water and stir well. |
| 3 teaspoons curry powder | 5 Gradually add the cornflour and milk mixture to the saucepan stirring constantly until the sauce boils and thickens |
| 1 teaspoon paprika | 6 Add the chicken, pumpkin and broccoli and simmer for 10 minutes. |
| 1 teaspoon ground coriander | |
| 1 teaspoon ground cumin | |
| ½ teaspoon ground cloves | |
| 1 tablespoon cornflour | |
| 375ml low-fat evaporated milk | |
| ½ cup water | |
| 1 cup cooked pumpkin, peeled and diced | |
| 2 cups broccoli florets | |

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1 serve = 3 meat exchanges plus 1 milk exchange and 1 fat exchange

PER SERVE: 1854 (444) Fat 16.3g Saturated Fat 4.2g Carbohydrate 20.0g 444 Calories: 16.3 g fat



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