Soifua Maloloina Chicken Curry

**Method**

1. Remove any skin or fat from the chicken and chop into 1-2cm cubes.
2. Heat oil in a large pan over a medium-high heat. Fry the onion, garlic and ginger for 4-5 minutes, or until soft.
3. Add the curry powder, stock powder and chicken to the pan. Cook for 5-6 minutes, or until the chicken is cooked all the way through.
4. Add the vegetables and mix through. Cook for a further 2-3 minutes.
5. Add the light coconut cream and stir through. Reduce heat and simmer for 10-15 minutes, or until vegetables are cooked. Serve hot with rice.

**Soifua Maloloina tips:**
- Swap regular coconut cream for fat-reduced varieties, if you only have regular cream try adding water.
- It will cost you about $25 to buy all of the ingredients to make enough curry and rice to feed 8 people (if you already have oil in the pantry) which is just over $3 per person. If you already have dry ingredients in the pantry, then it’s even cheaper!

**Recipe Information**

- **Number of Serves:** 6-8
- **Preparation Time:** 10mins
- **Cooking Time:** 20mins

**Ingredients**

- 2 tsp olive or canola oil
- 1 brown onion, diced
- 1 tsp minced garlic
- 1 tsp minced ginger
- 2 tsp curry powder
- 2 tsp powdered chicken stock
- 750g chicken thigh fillets
- 1kg frozen vegetables
- 1 x 375mL tin light coconut cream

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