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Chicken – Sweet Potato Peanut Curry

Serves 6-8

Ingredients:

3 lbs boneless, skinless chicken pieces cut into
1 ½ -inch pieces
1/2 cup flour, all purpose or rice
5 Tbsp curry powder (fav is Madras)
2 ½ teaspoons Kosher salt
¾ teaspoon freshly ground pepper
½ cup olive or coconut oil
3 Tbsp fresh ginger, minced
2-3 Tbsp garlic, minced
1-2 chili peppers, seeded, de-veined, minced
5 cups (divided) chicken broth
2 lg sweet potatoes or yams or 1 lb, peeled and cut
into 1-inch pieces

¾ cup unsweetened peanut butter
1 ½ teaspoon ground coriander
8 green onions, chopped, greens included
½ cup each finely chopped mint and/or cilantro
1-2 cups snap peas or okra
2 limes cut into wedges

Optional: Coconut, Mint, Banana, Raisins, Peanuts
Chutney, Yogurt, Tomato-Prune Condiment

Preparation:

- 1 In a bowl, thoroughly combine the flour, curry powder, salt and pepper. Add the chicken pieces and shake to coat.
- 2 Heat oil in a large saucepan on medium high heat. Add chicken pieces. Cook 5 minutes (depending on size of chicken pieces) tossing occasionally to cook chicken until evenly browned. Add the ginger, garlic, chili pepper and 1 cup of the chicken broth to the saucepan. Cook for 3 minutes, scraping the pan with a spatula and stirring to combine.
- 3 Add the sweet potatoes and remaining broth. Simmer 10 minutes or until sweet potatoes are almost done.
- 4 Add the peanut butter, stirring quickly and gently to incorporate without breaking up the chicken and sweet potatoes. Simmer another 5 minutes. Adjust seasoning. Right before serving, add the coriander and green onions.
- 5 Serve with rice. Top each serving with fresh cilantro and /or mint and optional coconut, peanuts, raisins and/or bananas. Squeeze a little lime juice over it as well.



Food Fairy Note:

Tomato Prune Condiment for Curry

Grape Tomatoes
Mint
Prunes, pitted
Scallions

Dice tomatoes and prunes. Finely chop mint and scallions. Mix together and allow flavors to mingle 30 min.