
Curried Chicken and Apples

Ingredients:

Chicken breasts
½ C - Sliced onion
2 Tbs - Red curry paste
½ C - Heavy cream (or coconut milk)
½ C - Chicken broth
½ t – Curry powder
½ t – Chili powder
3 Cloves of garlic, freshly minced
4-5 small apples, peeled and cut into 8 sections
Salt
Pepper



Directions:

1. Brown salt and peppered chicken in olive oil on medium heat.
2. Turn heat to low and add onion and apples around the chicken, adding a small amount of oil if necessary.
3. As onions soften, combine and mix well: red curry paste, heavy cream, chicken broth, curry powder, chili powder, fresh garlic, salt and pepper. Pour over chicken, onion and apples.
4. Bring to a gentle simmer and let cook uncovered 30-45 minutes, or until chicken and apples are cooked.
5. Serve over brown rice.