

Ingredients

Serves: 20

- 2 tbsp extra virgin olive oil
- 1.2kg chicken breast, diced
- 1 onion, diced
- 1 tbsp crushed garlic
- 1 tbsp paprika
- 2 tsp ground cumin
- 2 tsp dried thyme
- 1 tbsp curry powder
- 2 tsp chicken stock powder
- 4 stalks celery, diced
- 4 yellow squash, diced
- 2 carrots, diced
- 1 red capsicum, diced
- 1.6kg can crushed tomatoes
- 2 tbsp tomato paste
- 1 tbsp coconut essence
- 500mL evaporated milk
- 1 tbsp corn flour
- 3 cups basmati rice

Method:

1. Heat extra virgin olive oil in large saucepan on a medium high heat. Cook chicken, onion and garlic for 3 minutes.
2. Add all spices and stock powder and cook for 1 minute.
3. Add all vegetables, crushed tomatoes and tomato paste. Bring to the boil and simmer for 10 minutes or until vegetables are softened.
4. Cook rice according to packet instructions.
5. Mix together evaporated milk, coconut essence and corn flour. Add to saucepan and bring to boil to thicken.
6. Serve with rice.

Note:

- *Other vegetables can be substituted into this recipe dependant on seasonal availability.*

Food Group	Serves provided per portion
Vegetables	1.6
Fruit	0
Grain foods	1
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0.2