



## QNE Chicken Curry Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>40</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 1 kg chicken, parts, cut up
- 1 1/2 cups water
- 1/4 cup onion, red, sliced
- 1 Tbsp garlic, crushed
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 2 1/4 cups potato, cut into cubes
- 1 cup carrot, cut into cubes
- 1/3 cup bell pepper, red, cut into cubes
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 1/3 cup milk, evaporated (370ml)

### Preparation:

1. Cook chicken in water together with onion, garlic, salt, and pepper for 20 minutes.
2. Add potatoes, carrots, and bell peppers then simmer until cooked.
3. Add DEL MONTE Quick 'n Easy Curry Mix dissolved in milk and simmer for 5 minutes.

### Chef's Tip

It is best to slowly cook over low to medium heat, so that the milk will not curdle.

### Lusog Notes

This easy-to-make dish is rich in Vitamin A, which boosts immunity while keeping skin healthy. It also has calcium which helps in bone growth and development.

### Cooking Skills Needed

- Mixing
- Boiling
- Simmering

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Pot