



PREP TIME : 10 MIN

COOK TIME : 20 MIN

SERVES : 4

Ingredients :

- **2 tbsp (30 mL) vegetable oil**
- **1 lb (500 g) boneless, skinless chicken breasts, cubed**
- **1 large white onion, chopped**
- **1 cup (250 mL) diced butternut squash**
- **1 jar (341 mL) VH[®] Coconut Red Curry**
- **2 cups (500 mL) cooked Basmati rice**
- **2 tbsp (30 mL) chopped cilantro**

Directions :

- 1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook for 5 minutes or until lightly browned. Transfer to a plate.**
- 2. Add onion; cook for 5 minutes or until softened. Add squash, 1/2 cup (125 mL) water and VH[®] Coconut Red Curry; bring to a boil. Reduce heat to medium-low; return chicken to saucepan.**
- 3. Simmer, partially covered, for 10 to 12 minutes or until squash is tender and sauce is thickened. Serve over Basmati rice and sprinkle with cilantro.**

Tips:

Substitute sweet potatoes for the squash, if desired.
Serve over cooked glass noodles, instead of rice, if desired.



Red Curry Chicken

Other Usage:

Whisk into soups.

Stir into mashed sweet potatoes.

Stir fry with carrots and parsnips.