

Curried chicken and rice



Recipe credit

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About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

15 minutes preparation; 45 minutes cook time

Special criteria

[Whole grains recipes](#)

Ingredients

- 2 cups brown rice
- 3 cups water
- 1 tablespoon olive oil
- 1 onion, chopped
- 1/2 teaspoon salt
- 1 tablespoon curry powder
- 1 pound chicken breasts, cut into 1 inch pieces
- 1/2 package (8 ounces) frozen peas
- 1 bunch fresh parsley

Directions

1. Place rice in a small pot that has a lid and heat on medium high heat, stirring until it smells like popcorn.
2. Add water. Bring to a boil. Cover and turn to medium low. Cook covered undisturbed for 45 minutes.
3. Meanwhile, heat olive oil in a frying pan. Add chopped onion, salt, and curry powder. When onions are transparent, add chopped chicken. Sauté until chicken is cooked through.
4. Add frozen peas. Cook 2 minutes more. Add cooked rice and mix well. Add chopped parsley and mix in.

Tips and variations

- Serve with a side garden salad or sliced tomatoes.
- You can use leftover rice to prepare this meal quickly.
- Use shrimp or sliced round steak instead of chicken. For a vegetarian version, use chickpeas instead of chicken.
- Add other veggies that you have on hand such as chopped peppers, corn, chopped carrots, or chopped celery with the onions and brown them together.
- Garnish with cilantro.

Nutritional info

Calories

442

Total fat

10.1 g

Saturated fat

2.4 g

Cholesterol

64 mg

Sodium

279 mg

Total carbohydrates

56.7 mg

Dietary fiber

4.9 g

Protein

29.7 g

Total sugar

3.3 g

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