



# Indian Curry Chicken & Rice

4 servings

Prep Time: 15 minutes Cook Time: 15 minutes

- 1 lb. boneless, skinless chicken thighs or chicken breasts, cut into 1-inch pieces
- 1 Tbsp. curry powder
- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cups water
- 1 Tbsp. tomato paste
- 1 small tomato, chopped
- 1 package Knorr® Rice Sides™ - Chicken flavor
- 1 cup frozen green peas

Toss chicken with curry powder and, if desired, salt.

Heat olive oil in large nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 1 minute. Stir in onion and cook until onion is almost tender, about 2 minutes. Stir in water, tomato paste, tomato and Knorr® Rice Sides™ - Chicken flavor.

Bring to a boil over high heat. Reduce heat to low and simmer covered 7 minutes or until Rice is tender. Remove from heat. Stir in peas and let stand 2 minutes.

TIP: Serve topped with 2 Tbsp. Greek yogurt.

## Nutritional Information 1 serving:

Calories 360 , Calories from Fat 90 , Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 110 mg, Sodium 550 mg, Total Carbs 39 g, Dietary Fiber 4 g, Sugars 4 g, Protein 28 g, Vitamin A 20 % , Vitamin C 20 % , Calcium 6 % , Iron 20 %