



## Quick Curried Chicken with Rice

**For a fast chicken recipe full of flavor, try our Quick Curried Chicken with Rice. Curry powder and cilantro blend seamlessly with peas, carrots and rice for an unforgettable taste.**

4 servings

Prep Time: 15 minutes    Cook Time: 15 minutes

- 1/4 cup nonfat plain Greek yogurt
- 1/4 cup chopped fresh cilantro leaves
- 1 Tbsp. vegetable oil
- 2 tsp. curry powder
- 1 lb. boneless, skinless chicken breast halves, cut into bite-size pieces
- 1 package Knorr® Rice Sides™ - Chicken flavor Broccoli
- 1 package (10 oz.) frozen peas and carrots

1.) PUREE yogurt, cilantro, oil and curry powder in mini food processor or blender. Reserve and set aside half (about 1/4 cup) for serving. Combine remaining sauce and chicken in medium bowl.

2.) HEAT large nonstick skillet over medium-high heat and cook chicken, stirring occasionally, until chicken is thoroughly cooked, about 5 minutes. Remove chicken and set aside.

3.) ADD 2 cups water, Knorr® Rice Sides™ - Chicken Broccoli and peas and carrots to same skillet and prepare according to package directions. Serve topped with chicken and sauce.

### **Nutritional Information 1 serving :**

Calories 350 , Calories from Fat 70 , Total Fat 8 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 560 mg, Total Carbs 38 g, Dietary Fiber 4 g, Sugars 1 g, Protein 32 g, Vitamin A 140 %, Vitamin C 30 %, Calcium 6 %, Iron 15 %