

Rush Hour Recipe



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Chicken Curry in a Hurry

Ingredients

- 1 pound rotisserie chicken, cut into bite-size pieces
- 1 package (10 ounces) frozen green beans
- 1-1/2 cups matchstick carrots
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 1 teaspoon curry powder
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, minced
- 1 cup chicken broth
- 1/3 cup apricot preserves
- 1 tablespoon cornstarch

Serves 5

Cooking Directions

Place green beans and carrots in medium glass bowl; cover and microwave 6 minutes. Set aside. In large nonstick skillet, heat oil over medium-high heat. Add onion and curry powder, and cook, stirring occasionally, until onion is soft, about 6 minutes. Stir in ginger and garlic, and cook 1 minute more. Stir chicken broth and apricot preserves into skillet; bring to a boil. In small bowl, combine cornstarch with 1 tablespoon water. Whisk cornstarch mixture into skillet, and cook 1 minute longer. Reduce heat to medium-low. Stir in green beans, carrots, and chicken, and heat through. Serve over rice.



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