



Rezepte aus der Behr Küche

Green Vegetable Curry with Chicken Breasts



- 4**
- 1 small cauliflower
 - 1 bunch of spring onions
 - 3 celery stalks
 - 30 g ginger
 - 1 garlic glove
 - 4 chicken breast fillets (approx. 500 g)
 - 4 tbsp. oil, salt
 - 1 tsp. curry powder
 - 400 ml coconut milk (tinned)
 - 250 ml vegetable stock
 - 100 g young peas (shelled)
 - 200 g young leaf spinach
 - Cayenne pepper
 - 30 g peanut kernels (roasted)
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- 1) Trim the cauliflower, divide into florets, wash and leave to drain. Trim the spring onions, wash and diagonally cut into pieces. Trim, wash, remove any tough strings from the celery and diagonally cut into slices. Peel the ginger and garlic and finely dice. Wash the chicken breasts, pat dry and dice.
 - 2) Heat 2 tbsp. oil in a wok or a large pan. Fry the chicken breast for 3-4 minutes turning frequently. Salt, sprinkle with a little curry powder, continue to fry briefly and remove.
 - 3) Add the remaining 2 tbsp. oil to the wok or pan. Sauté the spring onions, garlic and ginger stirring constantly. Add the remaining curry powder and briefly fry. Pour in the coconut milk and stock and bring to the boil. Add the celery and cauliflower, cover and simmer for about 5 minutes. Fold in the peas and chicken meat and continue to simmer for around 3 minutes without the lid. Wash and sort the spinach, drain and fold into the mixture, bring to the boil again. Season to taste with salt and cayenne pepper, sprinkle with peanuts.
- Goes well with basmati rice.