

Spicy Chicken Curry

This recipe makes 2 Medium Freeze Dryer Trays of Spicy Chicken Curry*

[John in Bibs': Spicy Chicken Curry Freeze Dried Ep254](#)

Ingredients:

1 Large Onion
4 TBSP Curry Powder
1 tsp Cayenne Pepper
1 tsp Salt
1 lb of Chicken Breast
4 C Chicken Broth
2 Cups of Rice Rinsed Well
1 12 oz Bag of Frozen Peas and Carrots



Directions:

1. In your Ninja Foodi, Sear and brown your chicken breast with a very tiny touch of non-stick spray
2. Once chicken is seared and browned, add 4 C of Chicken Broth and spices, then Pressure Cook on high for 15 minutes.
3. Remove Chicken Breast and let cool, shred the chicken and add back into the Ninja Foodi, add onion, peas and carrots, and the rinsed rice, mix well, and pressure cook on high for 3 minutes.
4. Let pressure naturally release for 10 minutes.
5. Spread 2lbs evenly on a lined freeze drying tray, use dividers to proportion into 4 portions.
6. Freeze Solid and then Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies	Rehydration: Add about 1/3-1/2 C boiling water to product, stir, let sit for 2 minutes, stir again, add more water if desired, let stand for another 2 minutes
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray