Spicy Chicken Curry

This recipe makes 8 servings

Ingredients

1 large 0nion
4 tbsp curry powder
1 tsp cayenne pepper
1 tsp salt
1 lb chicken breast
4 cups chicken broth
2 cups of rice, rinsed
1 - 12 oz Bag of Frozen Peas and Carrots

This recipe was contributed by John In Bibs

Directions:

1. Chop the onions.
2. Preheat your Ninja Foodi or Instant Pot using the Sear/Sauté function.
3. Lightly coat the chicken breast with a minimal amount of non-stick spray.
4. Sear and brown the chicken breast on all sides until it develops a nice golden color.
5. Pour in 4 cups of chicken broth and add your desired spices.
6. Secure the lid and set the pressure cooker to high for 15 minutes.
7. Once cooking is complete, use a quick release to let out the pressure.
8. Carefully remove the chicken breast and allow it to cool slightly. Shred the chicken into bite-sized pieces using two forks.
9. Return the shredded chicken to the Ninja Foodi. Add the diced onion, peas, carrots, and rinsed rice. Stir to combine.
10. Secure the lid again and pressure cook on high for an additional 3 minutes. Perform a quick release once the cycle is complete.
11. Divide the curry into 8 total portions using dividers on a lined tray.
12. Pre-freeze until solid.
13. Freeze dry.
14. Store in one serving portions in mylar bags for long-term storage.

Rehydration:

1 serving is one divider portion. Add 1 cup of boiling water, stir, cover and let sit for 2 minutes. Stir and let sit for an additional 2 minutes.

Nutritional Value Per 1 serving
Calories: 280   Protein: 19 g   Fat: 1 g   Carbohydrates: 45 g   Sugar: 2 g   Fiber: 1 g