

## Red Curry Chicken








Recipe Rating	
Total Time	120 Minutes
Cooking Time	100 Minutes
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Whisk/Spoon
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) <b>or</b>
Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (179g) / par 1 serv (179g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>370</b>
<b>Fat / Lipides</b> 28g	<b>43%</b>
Saturated / satures 18g	
+ Trans / trans 0g	<b>90%</b>
<b>Cholesterol / Cholesterol</b>	<b>50mg</b>
<b>Sodium / Sodium</b> 480mg	<b>20%</b>
<b>Carbohydrate / Glucides</b> 16g	<b>5%</b>
Fibre / Fibres 4g	<b>15%</b>
Sugars / Sucres 6g	
<b>Protein / Proteines</b>	<b>16g</b>
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	<b>15%</b>
Calcium / Calcium	<b>2%</b>
Iron / Fer	<b>25%</b>

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Sweet Potatoes, Fresh	750 gm	1.7 Lbs	1.5 Kg	3.4 Lbs
Coconut Milk	600 mL	20.3 fl oz	1.2 L	1.3 quarts
Chicken broth	75 mL	2.5 fl oz	150 mL	5.0 fl oz
Red Curry Paste	275 gm	9.7 oz	550 gm	1.2 Lbs
Onions, Fresh, Diced	200 gm	7.1 oz	400 gm	14.2 oz
Green Peas, Fresh	410 gm	14.5 oz	820 gm	29 oz
Chicken, Cooked, Diced	1.5 Kg	3.3 Lbs	3 Kg	6.6 Lbs
Ginger, Fresh	30 gm	1.1 oz	60 gm	2.2 oz
Salt	1.5 mL	¼ tsp	3 mL	½ tsp

Method	
	<p>1. Peel and wash sweet potatoes. Transfer to ½ size- 2" deep production pans that has been prepared with nonstick spray and add 1 cm of water to bottom of pan. Cover with plastic wrap and aluminum foil. Place pan in Multigen for 50 minutes. Remove and cool.</p> <p>Peel and dice onions. Shell and wash green peas. Peel and finely chop ginger. Shake coconut milk cans.</p>
	<p>2. In a large bowl, add coconut milk, red curry paste, broth, onions, white sugar, ginger and salt. Mix well with a spatula. Add chicken, cooled sweet potato and green peas.</p>
	<p>3. Transfer to ½ size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.</p> <p>Place pan in Multigen for 50 minutes. Serve hot.</p>
	<p>4. <b>Bulk:</b> remove from Multigen and serve with a side dish.</p> <p><b>Cold Plating:</b> allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.</p>
	
Garnish: <b>n/a</b>	
Food Accompany: <b>Basmati Rice or Rice Pilaf</b>	