

CRANTON WELLNESS CENTRE – Dr. Alan Cranton CD ND

Curry Pineapple Chicken

1 whole pineapple, chopped into small pieces
1 medium chicken breast, cut into small chunks (or substitute 1 block tofu)
1 medium onion, chopped small
2 cloves garlic, chopped finely

1 Red pepper, chopped finely
Salt & pepper to taste
Hoisin sauce, 2 Tbsp
2 Tbsp Medium curry powder
2 Tbsp virgin olive oil
½ cup roasted peanuts, for garnish
Cilantro, chili peppers optional

Heat oil in pan. Sauté onions, garlic & chicken.

Add red peppers. Stir in Hoisin & curry powder. Add pineapple and heat. Add salt & pepper to taste. May be served over basmati rice, potatoes, or rice noodles/vermicelli. Add peanuts for garnish at the end.

Serve and enjoy!