

CRANTON WELLNESS CENTRE – Dr. Alan Cranton

Curry Chicken & Pineapple

basmati rice	2 cups (approx)
spanish saffron	2 tsp (to colour)
pineapple	½ fresh
garlic, minced	12 cloves
red onion, chopped	1 large
zucchini, chopped	1 small
red pepper, chopped	1
chicken breast, cut up	1
olive oil	To taste
butter	To taste
ginger root, peeled & chopped	½ (approx)
lime, squeezed	½ fresh
hot pepper (optional)	1
curry powder	2 or 3 Tbsp
coconut milk	¾ can (approx)
potato starch	To thicken
chili paste (optional)	To taste

Place basmati rice in pot, cover with water and cook.

Meanwhile, heat large pot and sauté garlic, onions, zucchini, red pepper, and ginger using equal amounts of olive oil and butter. Add chicken and cook. Add optional ingredients if desired. Add coconut milk as liquid is needed. Add lime juice. When almost cooked, add pineapple last. Add potato starch to thicken if desired.

Add saffron to cooked basmati rice to desired colour.

Place rice on serving platter and cover with chicken and vegetables.

Serve and enjoy!

OLIVE OIL

- Reduces cholesterol
- inflammation
- Helps liver and gallbladder conditions

ONION

- Immune boosting
- lowers cholesterol
- Reduces heart disease

GARLIC

- Anti-parasitic
- Helps blood pressure
- Cholesterol
- Infections
- flu's

CHICKEN

- high protein
- builds muscles
- good source of amino acids
- low fat

PINEAPPLE

- Anti-inflammatory
- Digestive aid
- Helps joints

RED & GREEN PEPPERS

- Vitamin A & C
- Gut mobility

CURRY POWDER

- Anti-inflammatory
- Digestive aids
- Joints
- Brain function - Alzheimers

SALT & PEPPER

- Flavor enhancer
- Good for low blood pressure
- Necessary for life

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