

# THAI CHICKEN CURRY

## INGREDIENTS

1 tablespoon canola oil

1 lb chicken breast, cut into cubes

½ cup onion, chopped

2 tablespoons red curry paste

3 garlic cloves, chopped

1 tablespoon fresh ginger, chopped

Juice of 1 lime

½ cup red pepper, diced

1 cup **unsalted** chicken broth

10 fresh basil leaves, chopped

1 tablespoon cornstarch

1 tablespoon water

½ cup plain yogurt

## PREPARATION

- 1** In a non-stick frying pan, heat oil over medium heat. Fry the chicken with onion until the chicken is lightly browned.
- 2** Add the curry paste, garlic, ginger, lime juice and diced peppers and stir to combine.
- 3** Add the chicken broth and the basil. Simmer for 5 minutes.
- 4** Dilute the cornstarch in 1 tablespoon of water and add to the pan while stirring. Let simmer until the sauce has thickened.
- 5** Remove pan from heat and add the yogurt.
- 6** Serve with basmati rice and enjoy!



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## Nutrient Analysis

### PER SERVING

¼ of recipe

### Renal/Diabetic exchanges:

3 Meat + 2 Lower-Potassium

Vegetable

Calories **224Kcal**

Protein **28g**

Total Carbohydrate **10g**

Fiber **2g**

Sugars **3g**

Fat **8g**

Saturated **1g**

Cholesterol **85mg**

Sodium **82mg**

Potassium **588mg**

Phosphorus **304mg**

Calcium **59mg**

Iron **1mg**

Magnesium **48mg**

Vitamin C **30mg**

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

## Diet Types



CKD Non-Dialysis



Dialysis/Diabetes



Dialysis



Transplant

## POTASSIUM CHECK

### Kidney-friendly curry sauce

A kidney-friendly diet is low in sodium. Sodium is generally added in the form of salt and many people may feel that food has no flavor when prepared without salt. This is simply not true! Salt is more of an acquired taste and you can retrain your taste buds to not crave salt by adding flavor in other ways—such as with herbs and spices. Creating a curry sauce is an excellent way to add lots of flavor to a dish, because it contains a delicious mix of herbs and spices.

#### Curry sauces

Typically, curry sauces contain coriander, cumin, ginger, garlic and turmeric, but a wide variety of herbs and spices can be used depending upon taste preferences and the type of foods included in the dish. Other herbs and spices to consider are allspice, white pepper, ground mustard, cinnamon, cloves, nutmeg, mace, cardamom and bay leaves. For a spicier version, some heat can be added with fresh or dried chilis. The color and flavor of a curry sauce will vary depending upon the mix of herbs and spices and the base to which they are added. Don't be afraid to experiment with different spice and herb combinations as you seek the best blend for you.

#### Curry dishes

Dishes called 'curry' may contain meat, poultry, fish or shellfish along with a variety of vegetables. **Dry curries** are cooked with very little liquid which is allowed to evaporate during cooking, leaving the other ingredients coated with the spice mixture. **Wet curries** contain larger amounts of liquid to create a sauce or gravy. To make the curry sauce, herbs and spices are added to a base of yogurt, cream, coconut milk, tomato purée, sautéed crushed onion or stock. Curry sauce made with coconut milk and tomato purée are higher in potassium than other liquid choices such as sautéed crushed onion or unsalted stock. Ask your dietitian what type of curry is right for you.

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