

Curry Chicken and Peppers

Caribbean and West African spice traditions. The sauce is toasted, blended, then thickened with a chickpea-flour slurry — no dairy, no roux.

SERVES	ACTIVE TIME	HEAT	SKILLS
3	25 minutes	Skillet, medium	Toasting spice · Blended sauce · Slurry thickening

INGREDIENTS

THE SAUCE

- ½ Tbsp curry powder
- 1½ cups unsweetened plant-based milk
- 4–6 garlic cloves, minced
- 1 jalapeño, seeded
- 1 tsp allspice
- 1 tsp ground ginger
- 1 tsp black pepper
- ¼ cup coconut cream
- 2 tsp chickpea flour + 3 tsp water

THE PAN

- 1 lb chicken breast, sliced thin
- 2 bell peppers, chopped — use multiple colours
- ½ onion, diced
- 1 Tbsp soy sauce
- ½ cup cooked brown rice, per serving

PER SERVING

425	42g	23g	17g	4g
CALORIES	PROTEIN	CARBS	FAT	FIBER

METHOD

- 1 Toast the curry.**
Dry skillet, medium, about 30 seconds, until it smells like something.
- 2 Build the base.**
Add plant milk, garlic, pepper, ginger, jalapeño and allspice. Heat through.
- 3 Blend it smooth.**
Into the blender with the chickpea flour and coconut cream. Blend until silky.
- 4 Marinate.**
Pour the sauce over the sliced chicken and leave it at least 30 minutes.
- 5 Sear.**
Cook the chicken in a skillet until golden. Remove and set aside.
- 6 Simmer the peppers.**
Peppers and remaining sauce into the pan. Simmer until it thickens.
- 7 Bring it together.**
Return the chicken, simmer briefly, and serve over brown rice.

CHEF'S NOTES

Micronutrient spotlight. Curry carries turmeric (curcumin, anti-inflammatory), fenugreek (blood sugar regulation) and coriander (antioxidant). Bell peppers beat an orange for vitamin C. Garlic delivers allicin.

Use multiple colours of pepper. Each colour carries a different phytonutrient.

Soy sauce is the sodium. Tamari or coconut aminos keeps it gluten-free and puts the salt back under your control.

Scaling: ×8 for all four groups (24) — 8 lb chicken, 16 peppers, ¼ cup curry powder, ¾ gallon plant milk, 2 cups coconut cream.