



VITAMIN A

Studies showed that higher intakes of vitamin A (beta carotene) were associated with better cognitive function. This can be found from vegetables like tomatoes, carrots, spinach, pumpkin, sweet potatoes and broccoli.

Chicken Curry with Pumpkin

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Chef Tuthi Tay

Ingredients

- Chicken thigh(boneless, skinless, cubed 2 cm sized).....200 g
 - Pumpkin (peeled, cubed) 1 cup
 - Curry paste50 g (¼ packet)
 - Canola oil½ Tbsp
 - Low fat evaporated milk.....¼ cup
 - Medium sized shallot (sliced thinly) . 1
 - Thumb-sized ginger (sliced thinly) ... 1
- Some curry leaves (optional)*

Nutritional Information (400 g per serving)

Energy	370 kcal
Carbohydrate	18 g
Protein	23 g
Fat	40 g
Saturated Fat	8 g
Cholesterol	85 mg
Dietary Fibre	8 g
Sodium	450 mg

Cooking Method

1. Heat a deep pot and add canola oil. Sauté sliced shallots until aromatic or light brown in colour. Add curry paste and curry leaves (if using) into pot, stir until aromatic.
2. Add chicken meat. Stir fry for 1 minute before adding 1 cup water.
3. Cover pot and cook at medium heat. Bring curry to boil then lower heat, add pumpkin and more water if needed.
4. Simmer for 20 minutes or until chicken is tender.
5. Add low fat evaporated milk and bring to boil. Serve hot.