



# YMCA WA EARLY LEARNING CENTRES

Recipe of the month!



## SRI LANKAN CURRY AND BASMATI RICE

One of the most popular recipes at YMCA East Cannington, perfect for dinner!

### INGREDIENTS:

1. 3 cloves of garlic
2. 2 tsp of ginger
3. 1 onion, diced
4. 1 tbsp olive oil, for cooking
5. 1.5kg chicken, diced
6. 6 curry leaves
7. 2 cardamom pods
8. 2 tsp turmeric
9. 1 tsp cinnamon
10. Cracked pepper
11. 1/2 cup milk Sri Lankan curry powder
12. Splash of lime
13. 2 cans light coconut milk
14. 1L chicken stock
15. 1kg mixed vegetables
16. 1kg basmati rice - cooked

### METHOD:

#### Step 1

Heat oil in pan. Add onion, ginger, garlic and curry leaves.

#### Step 2

Combine all spices in a bowl, add in chicken and mix well.

#### Step 3

Add chicken to the onion mix and fry until chicken is sealed.

#### Step 4

Add stock and simmer until chicken is almost cooked. Add coconut milk and vegetables. Simmer until vegetables are cooked.

#### Step 5

Add a splash of lime, then serve on a bed of cooked basmati rice.

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