

## **Curried Coconut Chicken Over Noodles**

**SOURCE:** Cooking Light, NOVEMBER 1999 ([www.cookinglight.com](http://www.cookinglight.com))

### **INGREDIENTS:**

2 1/2 C uncooked Chinese egg noodles or angel hair or vermicelli  
2 tsp vegetable oil, divided  
1 C thinly sliced onion  
2 C fresh basil leaves  
1 garlic clove, crushed  
2 tsp curry powder  
1/2 tsp salt  
1/8 tsp ground red pepper  
1/2 lb skinned/boned chicken breast, cut into 1-inch pieces  
3/4 C light coconut milk

### **DIRECTIONS:**

Prepare egg noodles according to package directions, omitting salt - drain noodles and keep warm.

Heat 1 tsp oil in large nonstick skillet over medium-high heat till hot - add onion - stir-fry 1 minute - add basil - stir-fry 2 minutes - remove from pan and keep warm.

Heat 1 tsp oil in skillet over medium-high heat - add garlic - stir-fry 30 seconds - add curry powder, salt + red pepper - stir-fry 10 seconds add chicken - stir-fry 3 minutes - stir in milk - reduce heat to medium - cook 2 minutes or till chicken is done - stir in basil mixture and toss well. Serve over noodles.

Yield: 2 servings (serving size: 1 C chicken with sauce + 1 C noodles)

**NUTRITION PER SERVING: CALORIES 475 (26% from fat); FAT 13.5g (sat 4.7g, mono 3.6g, poly 3.9g); PROTEIN 35.9g; CARB 51.4g; FIBER 5.3g; CHOL 119mg; IRON 4.7mg; SODIUM 709mg; CALC 122mg**