

## Chicken

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# Apricot Chicken Curry

HeinzKetchup.com

**Servings: 4**

**Preparation Time: 20 minutes**

**Start to Finish Time: 15 minutes**

**1 tablespoon vegetable oil**  
**1 cup onion, sliced**  
**1 cup green pepper, sliced**  
**1 cup red pepper, sliced**  
**2 teaspoons mild or medium curry paste or powder**  
**1 teaspoon dried thyme leaves**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**1 pound boneless/ skinless chicken breasts, cut into bite-sized pieces**  
**1/4 cup apple juice**  
**1 tablespoon apple cider vinegar**  
**2 cloves garlic, minced**  
**1/2 cup tomato ketchup**  
**1/2 cup coconut milk**  
**1/3 cup dried apricots or dried cranberries, sliced**  
**3 tablespoons green onions, chopped**

Heat oil in a large nonstick skillet over medium heat.

Add the onions and peppers. Cook for 5 minutes.

Stir in the curry paste, thyme, salt and pepper. Remove the mixture and reserve.

Increase the heat to medium-high. Cook the chicken until there is no longer any pink.

Place the reserved vegetables back into the skillet.

Pour in the apple juice, vinegar and garlic. Stir to scrape up any cooked-on bits.

Stir in the ketchup, coconut milk and apricots. Simmer for 5 minutes.

Sprinkle with the green onion.

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Per Serving (excluding unknown items): 147 Calories; 11g Fat (61.9% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 275mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 2 Fat.