



The Four Spices

Yellow Fever (Vietnamese Chicken Curry)

Cook time: 30 minutes

INGREDIENTS

half whole roast chicken, shredded
1 large pineapple
1 small can of spicy Tuna
1 small can of coconut cream
150g broccoli
1 carrot, sliced
1 teaspoon Gourmet Garden Garlic
150g can of corn kernels (drained)
2 tablespoons of sugar
2 tablespoons of fish sauce
3 tablespoons curry powder
1 large pineapple to serve
1 tablespoon vegetable oil
1 cup cooked rice



METHOD

STEP 1

Cut a large pineapple in half, scoop the flesh out and leave aside.

STEP 2

Heat oil in a large wok and add Gourmet Garden Garlic, broccoli and carrots. Stir-fry for a few minutes and add the corn kernels, tuna and shredded chicken. Stir-fry for a further 2 minutes until vegetables turn a bright colour.

STEP 3

Add the coconut cream, curry powder, sugar, fish sauce, rice and cook for a further 10 minutes.

STEP 4

Serve in pineapple.