

Banana, Pineapple and Chicken Stew

40–50 Min

Ingredients 4 Portions

= Kotányi Produkte

2 piece	Onions
2 piece	Garlic cloves
300 g	Potatoes
400 g	Pineapple
400 g	Chicken fillet
200 g	Basmati rice
1 piece	Orange
400 ml	Coconut milk
100 g	Peas (fresh or frozen)
2 piece	Bananas
300 ml	Vegetable stock
2 tbsp.	Curry Powder
	Sea Salt, Coarse
	Sesame oil or sunflower oil

Preparation

1. Peel and finely chop the onion and garlic. Peel and dice the potatoes. Peel and dice the pineapple. Squeeze the orange.
2. Prepare the basmati rice according to the instructions on the packaging.
3. Rinse the chicken fillet with cold water and pat dry with paper towel. Cut into strips and sear in a pan with 2 tbsp. of oil until golden brown. Remove meat from pan and set aside.
4. Then sauté the garlic and onion in the roast residue.
5. Add Kotányi Curry Powder to the pan and fry for a couple of seconds. Then use the orange juice to immediately deglaze the pan.
6. Pour in the vegetable stock, add the diced potatoes and season with salt. Allow to simmer for around 15 minutes. Add half of the pineapple and banana and lightly simmer for another 5 minutes. Use a hand blender to blend the ingredients.
7. Add the coconut milk and the rest of the diced pineapple and season to taste with the soy sauce. Place the pieces of fried chicken and the peas in the pot and allow to simmer for around another 5 minutes.
8. Dish the stew up onto plates and garnish with the sliced banana. Serve with rice.