



## The Birkett Mills Recipes

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P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

### Entree: Chicken With Curried Kasha

*Makes: 4 servings*

#### Ingredients

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- 2 Tbsp. butter or margarine
- 1 cup shredded carrots
- 1 cup chopped red onions
- 2 cloves garlic, minced
- ½ tsp. curry powder
- ¼ tsp. crushed red pepper flakes
- 1 cup kasha (uncooked)
- 2 Tbsp. chopped fresh cilantro leaves
- 1 Tbsp. Fresh lime
- ¼ tsp. each salt and pepper
- 4 boneless skinless chicken breast halves pounded
- 2 tsp. vegetable oil

#### Directions

In large skillet, melt butter over medium high heat until sizzling. Cook carrots, onions, and garlic until crisp tender. Add curry and crushed red peppers flakes. Prepare kasha according to package directions adding the sautéed vegetables when the liquid is added and eliminating any additional butter or margarine. Just before serving, add cilantro and lime juice. Fluff with fork and keep warm.

Meanwhile, prepare the chicken. Sprinkle salt and pepper over both sides of chicken to season. Heat oil in large skillet over medium high heat until hot. Cook chicken 3-4 minutes per side or until brown and no longer pink center. Serve chicken over curried kasha, Garnish with cilantro sprigs, cucumber slices and chopped red onions, if desired.



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