



food
network

Curried Chicken Roll



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



20

CALORIES



130 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14 ounce coconut milk canned
- ☐ 1 tablespoon mild curry powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 sheets nori seaweed
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion minced
- ☐ 20 servings pickled ginger for serving

- ☐ 1 teaspoon pinenuts roughly chopped
- ☐ 0.3 cup raisins
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 cup short-grain sushi rice
- ☐ 3 chicken breasts boneless skinless cut into medium dice
- ☐ 20 servings soya sauce for serving
- ☐ 20 servings wasabi for serving
- ☐ 3 cups water

Equipment

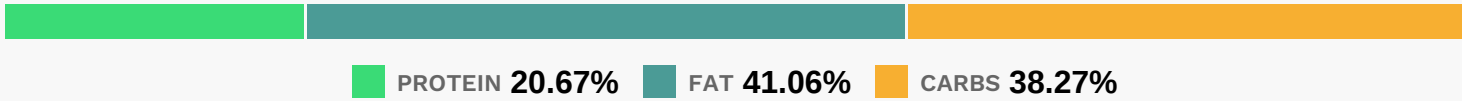
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Place 1 sheet of nori lengthwise on a bamboo mat, shiny-side down. Position the sheet about 1-inch from the side of the mat closest to you. Wet your hands in cool water and take a handful of sushi rice.
- ☐ Place the rice in the center of the nori and use your fingers to spread the rice evenly across it. Next place the curried chicken salad horizontally across the roll. Use the mat to roll up the sushi, pinching and squeezing the mat to shape it into a round cigar shape. Slice into 1-inch thick rolls with a sharp knife. Turn rolls onto their sides so the rice is facing upwards, and serve with the pickled ginger, wasabi, and soy sauce.
- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add chicken and saute until fully cooked through.
- ☐ Remove chicken from pan.
- ☐ Add onion and garlic and saute for 2 to 3 minutes.
- ☐ Add coconut milk and bring to a simmer. Meanwhile, chop the chicken finely and return it to the pan.

- ☐ Add the raisins, cilantro, curry powder, salt, pepper, and pine nuts. Simmer for about 10 to 15 minutes or until the mixture is thick.
- ☐ Remove from heat and cool completely before using.
- ☐ Place the water and salt in a medium sized saucepan and cover it with a tight-fitting lid. Bring the water to a boil.
- ☐ Add rice, return to a boil over medium heat, and then reduce heat to low and simmer. Once the water has evaporated from the rice, remove the pan from the heat. Stir in the rice vinegar and let cool before using.

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:7.29, Inflammation Score:-2, Nutrition Score:5.8739130736693%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 130.39kcal (6.52%), Fat: 6.08g (9.35%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 11.41g (4.15%), Sugar: 1.15g (1.28%), Cholesterol: 10.85mg (3.62%), Sodium: 1147.82mg (49.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Manganese: 0.44mg (21.75%), Vitamin B3: 3.11mg (15.55%), Selenium: 8.46µg (12.08%), Vitamin B6: 0.21mg (10.46%), Phosphorus: 95.1mg (9.51%), Folate: 32.29µg (8.07%), Iron: 1.44mg (7.98%), Magnesium: 25.53mg (6.38%), Copper: 0.13mg (6.34%), Vitamin B1: 0.09mg (6.11%), Potassium: 204.46mg (5.84%), Fiber: 1.34g (5.37%), Vitamin B5: 0.49mg (4.9%), Vitamin B2: 0.06mg (3.45%), Zinc: 0.49mg (3.29%), Vitamin C: 2.24mg (2.71%), Vitamin E: 0.25mg (1.63%), Calcium: 15.7mg (1.57%)