



Montana Gluten Free Processors

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## Chicken Curry Oatmeal

3 cups Chicken Broth

1 ½ cups MGF Raw Oatmeal

2 Tbsp Olive Oil

1 lb chicken breast – diced into bite-sized pcs

½ Green, Red or Yellow pepper - diced

½ cup red onion – chopped

½ cup green onions (optional)

1 small zucchini sliced

Bean sprouts – to taste (I used about ¾ cup – they are difficult to measure)

1 cup Coconut Milk

1 Tbsp Curry powder (or more – depends on how big a fan of curry you are)

1 tsp ginger – freshly grated if possible

1 tsp garlic

Salt & Pepper to taste

Optional – 2 Tbsp Gluten Free Soy Sauce

Bring chicken broth to a boil, add Raw Oatmeal. Lower heat and gently boil for 10 minutes.

While the oatmeal is cooking, heat olive oil in a large frying pan. Add Chicken. (optional to sprinkle it with additional curry). Add pepper, onions, zucchini and finally bean sprouts.

Once meat and vegetables are cooked – lower heat and add the sauce ingredients. Mix well.

When the oatmeal is done, add it to the sauce in the frying pan.

Can be served with black beans.