

Pineapple Curry

Yield: 16 oz

INGREDIENTS

- 1 T sunflower oil
- 1 ea garlic clove, chopped
- 1 ea cinnamon stick
- 1 ea small onion, diced
- ½ c green pepper, diced
- 1 c pineapple, diced
- 1 T kosher salt
- 2 T Monarch® curry powder
- 1 t mustard seeds
- 1 T granulated sugar
- 1 cn Pacific Jade® coconut milk

PREPARATION

Heat oil in a pan or large pot and gently roast garlic, cinnamon stick, onion and peppers for 5 minutes. Add pineapple and sear for one minute. Add salt, curry powder, mustard seeds and sugar. Reduce heat and gently cook for 5 minutes. Add coconut milk and heat until boiling. Serve with rice or Chef's Line™ tandoori naan and vegetables.

