



## COOK UP DINNER WITH A SIDE OF ENERGY SAVINGS

When you cook delicious meals, you can still get the most out of all your flavours, while trying to use the least amount of energy. In fact, whether it's at our home, at our business, or even when commuting in between those two, we're keen conservationists. That's why we joined Team Power Smart and we invite you to do the same.

It's easy to do our part. Plus most of all, it's amazing how all the small changes we make... really add up. From our kitchen to yours, we hope you enjoy this recipe from our new cookbook—and discover how tasty conserving energy can be!

*Vikram Meeru*

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Team Power Smart Members and Owners of Vij's Restaurant, Vancouver, BC

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### REMEMBER TO ADD A DASH OF ENERGY SAVINGS!

Buying locally reduces your carbon footprint. Local food is picked at its peak and is fresher and tastier, adding to eating enjoyment. Fewer greenhouse gasses are burned in transport because it doesn't have far to travel.

## CHICKEN, TOMATO AND GREEN BEAN CURRY

Serves 6-8 / Prep and Cooking time: 45 minutes

### INGREDIENTS

½ cup cooking oil	1 tsp turmeric	2 ½ lbs skinless and boneless chicken thighs, cut in 1-inch strips
2 cups chopped red onion (1 large)	1 ½ Tbsp ground cumin	½ cup water
2 Tbsp chopped garlic (6 medium cloves)	1 ½ Tbsp mild Mexican chili powder	1 lb green beans, trimmed and cut in ½-inch pieces
3 cups chopped tomatoes (6 medium)	1 Tbsp salt	
	1 tsp ground cayenne pepper (optional)	

### COOKING METHOD

We cook mostly with chicken thighs at home because the organic thighs are cheaper and way juicier than the breast meat. Although this recipe calls for boneless thigh meat, you can just as easily use bone-in thigh (just make sure it's enough meat for six servings and add an extra cup of water so that you can get a nice chicken broth in your curry). We add fresh green beans for their flavour, colour and nutritional value, but you can use frozen beans if you're

pressed for time. Remember, too, that the juicier and sweeter the tomato, the more flavour this curry will have. Serve this dish with rice, couscous, pita bread, naan or even boiled potatoes.

In a large, heavy-bottomed pan, heat oil on medium-high for 1 minute. Add onion and sauté for about 8 minutes, or until light golden on the edges. (Don't overcook the red onion, as it is meant to give a sweeter taste to this curry.) Add garlic and sauté

for 2 to 3 minutes, then add tomatoes and stir well. Add turmeric, cumin, chili powder, salt and cayenne and sauté for 5 minutes. Stir in chicken, pour in water and bring to a boil. Reduce the heat to medium, cover and cook for 10 minutes, or until chicken is cooked (juices run clear when it is poked with a knife). Remove the lid carefully and stir in green beans. Cook, uncovered, for 5 minutes, or until beans are just slightly crunchy.

From the book *Vij's at Home—Relax, Honey: The Warmth and Ease of Indian Cooking* © 2010, by Meeru Dhalwala and Vikram Vij. Published by Douglas and McIntyre an imprint of D&M Publishers Inc. Photographs by John Sherlock. Reprinted with permission of the publisher.