

Tandoori CURRY CHICKEN PIZZA

by
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (mealsformeandmyminis.wordpress.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.rdservices.ca) and teaches courses at a Brescia University College in Ontario, Canada.

Nutrition Facts

servings per container
Serving size (226g)

Amount per serving
Calories 270

% Daily Value*

Total Fat 7g 9%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 520mg 23%

Total Carbohydrate 37g 13%

Dietary Fiber 2g 7%

Total Sugars 13g

Includes 2g Added Sugars 4%

Protein 18g

Vitamin D 0mcg 0%

Calcium 283mg 20%

Iron 1mg 6%

Potassium 134mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 25 Minutes
Cook time: 10-15 Minutes
Serves: 3-6 People

INGREDIENTS:

- 1 NatureFresh™ Red Bell Pepper, sliced
- 1 whole grain pizza crust
- 1 boneless, skinless chicken breast
- 1 can of tomato sauce
- 1 tbsp. Tandoori curry paste
- 1 tbsp. maple syrup
- 1 mango, sliced
- 1 sweet onion, sliced
- 2 cups shredded cheddar cheese

NUTRITION NOTE:

Pizza is an amazing medium for adding vegetables and high-quality protein to the diet in a fun and delicious way. You can add more vegetables to the meal by serving this pizza with a green salad and/or cut up veggies.

DIRECTIONS:

- Wash all produce before cooking.
- Turn oven on to 400 F.
- Slice or dice the chicken breast and cook it in a frying pan on the stove top. Add about 1 tablespoon of water to the pan to keep the chicken moist.
- Once chicken is cooked, add the tomato sauce and curry paste, and mix together. Add more tomato sauce and/or curry paste to suit your desired taste and texture.
- Pour chicken mixture on the pizza crust and drizzle the maple syrup over top.
- Add the mango, Red Bell Pepper, and onion slices. Top your pizza with the shredded cheese.
- Bake for 12-15 minutes, or until all ingredients are warmed

For recipe ideas visit: naturefresh.ca

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)

