

Thai Green Chicken Curry *(serves 4)*

Try our fragrant and creamy curry in a hurry! Easy to prepare and sure to impress, our take on this recipe is packed full of veg helping you towards your 5 a day. We've kept fat sources low, saving you 280 Calories compared with your average takeaway equivalent- Enjoy!



(served with carrot, tenderstem broccoli and babycorn)

Ingredients

Sauce:

- 1x tsp olive oil 36kcal, 4g fat
- 1x white onion, diced
- 1x garlic clove
- 1 x yellow pepper
- 250g mushrooms, sliced
- 2x lemongrass stalks, bashed with a rolling pin (optional)
- ½ a lime, juice only
- 3 tbsp green curry paste
- 400ml (1x tin) of light coconut milk OR fresh coconut milk
- 500g diced chicken breast / skinless chicken, diced
- Salt & pepper to taste

To serve with:

1. Veg of your choice eg. green beans / carrots / pak choi / spinach / broccoli / babycorn
2. 200g uncooked, long-grain rice (50g per person) or cauliflower rice for a lower carbohydrate meal. A few low carbohydrate prawn crackers also make a nice touch.

Method

- 1) Heat oil in a large pan on a medium heat and add the curry paste. Stir fry for 1 minute then add the diced onion & garlic and fry for a further 2-3 minutes
- 2) Add the chicken and cook for 5-10 minutes on a medium heat or until chicken has browned on all sides, then add lemongrass, mushrooms and yellow pepper and cook until softened
- 3) Add coconut milk, bring to the boil then reduce heat and simmer for 8-10 minutes or until sauce has thickened.
- 4) Serve with vegetables, boiled rice or cauliflower rice.

Nutritional Profile per serving*

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|-------------------------|-------------|
| Calories (kcal) | 470 |
| Carbohydrate (g) | 50.9 |
| Fat (g) | 11.9 |
| Protein (g) | 37.9 |
| Fibre (g) | 3.3 |
| Salt (g) | 0.52 |

*served with 50g rice (uncooked) and 160g veg

Average takeaway serving ~750 Calories