Chicken Curry

Health Champions

Chicken Curry

Serves: 2

INGREDIENTS
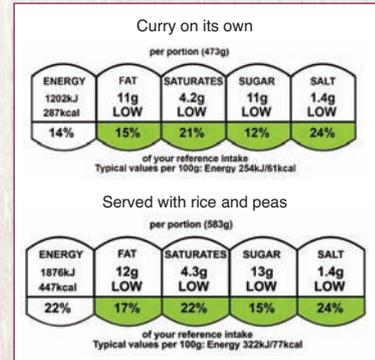
1 small chicken breast, skin removed,
cut into chunks
1 onion, chopped
1 tbsp curry paste or powder
(use less according to taste)
300ml / ½ pint boiling water
1 tbsp desiccated coconut
150g mushrooms, halved
150ml / 1 small pot natural, low fat yogurt
60g rice (preferably brown)
160g peas

FROM YOUR STOCK CUPBOARD

Few sprays of oil
½ tbsp plain flour
1 tsp cornflour
½ chicken stock cube

METHOD

1 Heat a frying pan, add a few sprays of oil and brown the chicken. Remove from the pan and put to the side.

2 Add chopped onion to pan and fry gently for 2 – 3 minutes until soft.

3 Add curry paste or powder and flour to pan and cook for 2 minutes, stirring all the time. The bottom of the pan will be quite sticky, but don't worry!

4 Dissolve the stock cube in the hot water and add slowly to pan, scraping the bottom of the pan to make a thick sauce. Add the coconut and chicken.

5 Bring curry to the boil, cover and simmer for 10 minutes.

6 After 10 minutes, add mushrooms to the curry. Cover and simmer for a further 10 minutes.

7 Mix the cornflour with a little cold water. Add the yogurt and mix well. (The cornflour prevents the yogurt from curdling when added to the hot sauce). Add the yogurt to the sauce, mix well and cook for 2 minutes without boiling.

8 Serve with boiled rice and peas.

Curry on its own
per portion (473g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1202kJ 287kcal	11g LOW	4.2g LOW	11g LOW	1.4g LOW
14%	15%	21%	12%	24%

of your reference intake
Typical values per 100g: Energy 254kJ/61kcal

Served with rice and peas
per portion (583g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1876kJ 447kcal	12g LOW	4.3g LOW	13g LOW	1.4g LOW
22%	17%	22%	15%	24%

of your reference intake
Typical values per 100g: Energy 322kJ/77kcal

TOP TIPS

- Coconut milk (preferably low fat) will also work as well as desiccated coconut.
- You can add a handful of spinach or frozen vegetables into the curry to increase the vegetable content.
- For a variation add a tin of chopped tomatoes instead of the coconut for a different type of curry.
- Will store in the fridge for a few days.

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