FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Thai chicken and peanut curry

Serves	Prep Time	Cooking	Total Time	Calories
4 people				**0 kcal**

Stuff that's in it:

• 600G Chicken Breast (Cut Into Long Thin Strips)

• 1 Tsp Oil

• 70G Spring Onions (Trimmed And Sliced)

• 10G Fresh Coriander (Chopped Finely, Stalks And All)

• 100G Red Thai Curry Paste

• 60G Peanut Butter Smooth

• 15Ml Low Salt Soy Sauce

• 400Ml Light Coconut Milk

• 130G Baby Corn

• 159G Sugar Snap Peas

• 150G Jasmine Rice

• Juice Of 1 Lime

What you do:

Put the rice on to cook as per the instructions.

Heat the oil in a wok and add the strips of chicken, green peppers, coriander and spring onion

Stir fry for a good 5 minutes.

Stir in, the curry paste, peanut bitter then soy then add the coconut milk.

Bring to the boil then add the peas and simmer for 10 mins.

Steam the sugar snap peas.

In the wok Squeeze lime juice in and add the baby corn and cook for another 5 minutes.

Nutrition

- Carbs: 48g
- Fat: 14g
- Protein: 44g
- Fibre: 5g

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