

Thai chicken and potato curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				531 kcal

Stuff that's in it:

- 290G Potatoes (Sliced Very Thin)
 - 150G Baby Plum Tomatoes
- 1 Blue Dragon Thai Green Curry Pot
 - 250Ml Chicken Stock
- 600G Chicken Breast (Small Cubes)
 - 10G Golden Caster Sugar
 - 1 Can Light Coconut Milk
- 175G Baby Corn And Mange Tout
 - 1Tsp Olive Oil
 - 110G Broccoli Florets
- 160G White Basmati Rice
 - 1 Fresh Chilli
- Fresh Coriander (Small Bunch)
 - Turmeric For The Rice

What you do:

Heat the oil in a large deep pan and add your sliced potato and cubes of chicken. Fry all over for around 6 minutes until golden.

Add the green curry paste Add the coconut cream and mix well until blended.

Add the sugar and stir.

Add the broccoli, tomatoes, corn and mange tout, bring to the boil, then simmer for 10 minutes.

Cook the rice according to the packet instructions and add the turmeric.

Serve with coriander and chilli

Nutrition

• Carbs: 59g

• Fat: 14g

• Protein: 44g

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