

## Super Quick Chicken Curry



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>453 kcal</b>

### Stuff that's in it:

- 2Tsp Oil
- 600G Chicken Breast (Diced)
  - 15G Corn Flour
  - 229G Onion (Diced)
  - 2 Cloves Garlic (Chopped)
- 8G Medium Curry Powder (Use Mild If You Don't Want It Too Hot)
  - 2Tbsp Fresh Ginger (Sliced)
  - 5G Brown Sugar
  - 500Ml Chicken Stock
  - 15Ml Soy Sauce
  - 150G Peas
  - 200G Chesnut Mushrooms (Sliced)
  - 1 Fresh Chilli To Garnish (If You Want It Hot)
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### What you do:

Coat the chicken pieces in the corn flour, set aside

Heat the oil in a pan and add your onion, cook gently for a few minutes until soft.

Add the garlic, ginger and chilli and fry for a minute, then add the soy sauce and stock, bring to the boil and simmer for 10-15 minutes

Pop your rice on to cook, as per the instructions

Use a stick blender to blend all the pan ingredients to a sauce and set aside

Wipe the pan clean and add the mushroom and chicken with some more oil

Stir fry on a high heat until cooked all the way through 7-10 minutes

Add the sauce and the peas and stir well, then simmer for 5 minutes until the peas are cooked through and the Sauce is thick

Serve with the rice

### **Nutrition**

- Carbs: 54g
- Fat: 6g
- Protein: 45g

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