



FIT FAST COOK

HOMEMADE IS HEALTHY

Fruity Curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				559 kcal

Stuff that's in it:

- 400ml Reduced Fat Coconut Milk
 - 1 Can Chopped Tomatoes
 - 5g Chilli Powder (Mild)
- 500g Chicken Breast Fillets (Cubed)
 - 125g Broccoli Florets
- 100g Basmati Rice (Dry Weight)
- 4 Garlic And Coriander Mini Naan Breads
 - 200g Onion (Chopped)
- 3 Garlic Cloves (Chopped Finely)
 - 100g Piccolo Tomatoes
- 90g Fresh Apricots (Chopped)
- 10g Medium Curry Powder

What you do:

Cook your rice according to the packet instructions and steam your broccoli

Put a large deep pan on to heat, add the oil then gently fry the onion for a few minutes until soft, add the garlic, then add the curry and chilli powder and fry for a few minutes. Add the apricots and tomatoes and

turn the heat down, cook for 1 minute then add the coconut milk and tomatoes, bring to the boil then simmer for 10 minutes, use a stick blender to partially blend but not completely. Then return back to the heat and drop the small chicken cubes in, cook for 10 minutes, stirring now and then until chicken is cooked through completely, pop your nam bread in the toaster or microwave to warm up, serve with the boiled rice and broccoli.

Nutrition

- Carbs: 61g
- Fat: 15g
- Protein: 40g

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