FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken and Sweet Potato Curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**548 kcal**

Stuff that's in it:

• 200G Baby Tomatoes

• 350G Sweet Potato (Peeled And Cubed)

• 200G Frozen Peas

• 150G Brown Basmati Rice (Dried Weight)

• 325Ml Coconut Milk

• 1 Tbsp Korma Paste

• 300Ml Water

• 400G Chicken Breast (Cubed)

• 1 Tsp Rapeseed / Olive Oil

• 50G Red Split Lentils

What you do:

Pop your rice on to cook as per the instructions.

In a deep pan or wok, spray some oil and heat. Add the chicken cubes and korma paste and fry all over. Add the sweet potato cubes and red lentils and mix well.Stir in the water, then add the coconut milk. Bring to the boil and simmer for around 20 minutes , making sure the chicken is cooked through and the sweet potato is nice and soft. Add the tomatoes and then the peas, bring back up to heat for a few minutes until you have a nice thick creamy consistency and then serve with the cooked rice.

Nutrition

• Carbs: 58g

• Fat: 14g

• Protein: 40g

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