FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Red Thai chicken curry and chips



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**591 kcal**

Stuff that's in it:

• 100G Red Pepper (Roughly Chopped)

• 50G Baby Corn

• 40G Sugar Snap Peas

• 100Ml Light Coconut Milk

• 25G Red Thai Curry Paste ((Blue Dragon))

• 150G Chicken Breast (Diced)

• 1 Tsp Fish Sauce

• 150G Mccain Oven Chips

• Fry Light Spray

What you do:

Cook your chips according to the packet instructions. Blanch your veggies in hot water to soften them, or steam for 2 minutes.

Heat a pan, squirt fry light on, add chicken and stir fry for a few minutes, add your pepper and veggies and gently fry for a few more minutes, making sure the chicken is being cooked all the way through. Add the fish sauce, red Thai curry paste and mix through. Add the coconut milk and bring to the boil, check to make sure your chicken is cooked all the way through (break some in half, the juices should run clear and be piping hot) serve immediately with the chips.

Nutrition

• Carbs: 52g

• Fat: 21g

• Protein: 44g

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