

Homemade Chinese



Serves	Prep Time	Cooking	Total Time	Calories
4 people				544 kcal

Stuff that's in it:

- Boldcurry
- 600G Chicken Break Fillets (Chopped Into Chunks)
 - 100G Frozen Peas
 - 200G Chestnut Mushrooms (Sliced)
- 500ML Mayflower Medium Curry Sauce (85G Powder)
 - 1 Large Onion (Chopped)
 - 150G Green Pepper (Diced)
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- Boldsalt And Pepper Chips
 - 500G Maris Piper Potato (Sliced Into Chips)
 - 20G Spring Onions (Ends Removed And Sliced)
 - 150G Red Pepper (Diced)
 - 1 Tsp Salt And Pepper
 - 1 Tsp Oil
 - Half Fresh Chilli (Finely Chopped)
- Spices (I Used Chinese 5 Spice And Mild Chilli Powder)
 - 40G Kale

What you do:

Pre heat your oven to 200°c

Par boil your chips for around 8 minutes, drain and shake the pan with the lid on, so to ruffle them up a little. Pat dry with paper towel, then add the spices, add to a baking tray with some oil and bake for around half an hour, turning over once half way. Take out and add to a pan with the peppers and chill, spring onion and gently fry for a few minutes, serve with the curry.

Add your chicken to a large deep pan or work, squirt a little oil and add the mushrooms, cook for around 13 minutes , then add the onion and peppers and fry for 5 or more minutes until the chicken is cooked through. Add the peas and fry for a minute, then add the curry sauce and mix well, simmer for a few minutes then its ready to serve.

Add the kale to a shallow baking dish with salt and pepper , pop in the oven for 2-3 minutes so it crisps up just like sea weed, serve

Nutrition

- Carbs: 64g
- Fat: 9g
- Protein: 44g

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