FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Curry in a hurry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**254 kcal**

Stuff that's in it:

• 160G Brown Onion (Grated Or Bung In Processor)

• 600G Chicken Breast (Diced And Seasoned)

• ½ Tsp Cardamom Seeds (Crushed)

• 2.5G Tumeric

• 1 Tsp Ground Ginger

• 10G Mild Curry Powder

• 1 Tsp Grond Cumin

• 15G Ground Coriander

• 120G Red Pepper (Finely Chopped)

• 30G Tomato Puree

• 3 Garlic Cloves (Finely Chopped)

• 100G 0% Fat Greek Yoghurt

• 25 Sprays Fry Light

• Fresh Coriander

• 200Ml Water

What you do:

Pop your grill on to med/high.

Skewer your chicken chunks onto sticks and spray with fry light, cook under grill for around 8 minutes turning frequently and until cooked through, put to one side.

Heat a large heavy bottom pan and spray with fry light, add the garlic, red peppers and all the spices, fry for a minute or 2. Add the onion, stir through, then add the tomato purée. Add the water and stir until thick and hot, then add the chicken and cook for around 5 minutes, then add the yoghurt, finish with the coriander!

Nutrition

- Carbs: 12g
- Fat: 4g
- Protein: 40g

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