FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Mango Curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**631 kcal**

Stuff that's in it:

• 800G Chicken Breast (Diced)

• 175G White Onion (Diced)

• 100G Red Pepper (Chopped)

• 2 Garlic Cloves (Finely Chopped)

• 2 Tsp Fresh Ginger (Finely Chopped)

• 1 Can Light Coconut Milk

• 200G (Dry Weight) Basmati Rice (Boiled)

• 1 Knorr Chicken Stock Cube (125Ml Hot Water)

• 100G Broccoli (Steamed)

• 1 Tsp Oil Or Fry Light

• 100G Korma Paste ((I Used Pataks))

• 1 Can Del Monte Mango Slices ((Discard Juice))

• 25G Fresh Coriander

• Green Chillis (Sliced (Optional))

What you do:

Heat a large pan and squirt with oil , add your chicken and brown all over for around 5 mins, or do in batches if using small pan, remove from pan.

Discard the juice from the can and blend your mango into a smooth sauce in a blender.

Add the pepper, garlic and ginger and onion to the pan and gently fry for a few mins until soft, then add the korma, stir through and add the mango purée. Then add the coconut milk and chicken stock and heat through. Add the chicken back to the pan, bring to the boil and simmer for 10 mins or until chicken is cooked through, add broccoli.

Serve with rice and coriander

Nutrition

• Carbs: 60g

• Fat: 16g

• Protein: 61g

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