FFC

FIT FAST COOK

HOMEMADE IS HEALTHY

Chicken in vegetable curry sauce with toasted g[illegible]ce



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**580 kcal**

Stuff that's in it:

• 550G Chicken Breast (Cut Into Small Cubes)

• 6G Mild Curry Powder

• 5G Garam Masala

• 5G Tumeric

• 2G Ground Coriander

• 1 Tsp Fresh Ginger (Finely Sliced)

• 5G Nigella Seeds

• 100G Frozen Peas

• 220G White Onion (Chopped)

• 40G Red Onion (Sliced)

• 170G Carrot (Chopped Into Small Cubes To Cook Quick)

• Small Bunch Fresh Coriander (To Garnish)

• 2 Garlic Cloves (Crushed)

• 30G Plain Flour

• 1000Ml Boiling Water

• 4 Mini Garlic Naan Bread ((Tesco))

• 30G Mango Chutney ((Geeta's))

• 200G Basmati Rice ((Dry Weight))

• 1 Tsp Olive Oil

What you do:

Do you tend to avoid making spicy dishes because of the kids? This one is super mild and one that all the family will enjoy!!

Packed full of energy, Low fat ,High protein , high fibre and so easy

Heat the oil in a large deep fry pan.

Chuck in the onions, carrots, red onion, garlic and sliced ginger, cook gently for around 8-10 minutes until starting to soften, add the ground coriander, turmeric, garam masala, and mild curry powder and gently fry for a minute or 2.

Then add the flour, mix well, then add the boiling water and the mango chutney, season then bring to the boil and simmer for 10-15 mins until soft and thick, pop your rice on to cook as per packet instructions

Remove from heat, then use a stick blender to blend to a smooth sauce in batches.

Once ready, return to the heat in a saucepan and bring to the boil.

Drop the chicken pieces in ,bring to the boil and cook on a simmer for 10 minutes until cooked all the way through!

Add the peas last and cook until soft.

Pop the Nan breads in the toaster.

Serve with the rice, Naan bread and coriander garnish.

Nutrition

• Carbs: 83g

• Fat: 6g

• Protein: 45g

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