

Nandos creamy curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				468 kcal

Stuff that's in it:

- 4 Chicken Breasts
- 200G Courgette (Diced)
- 100G Red Peppers (Sliced)
- 165G Onion (Chopped)
- 100G Natural Fat Free Yoghurt
 - 70G Korma Paste
- 15G Nandos Garlic And Herb Rub
 - 200ml Water
- 200G Dry Weight Basmati Rice ((Cooked As Per Packet Instructions))
 - 10G Fresh Coriander (Chopped)
 - 1 Tsp Oil

What you do:

Melt in the mouth chicken curry that's super easy too

☐ High protein

☐ Less than 500 calories

☐Easy peasy

Start by pre heating the oven to 190°c

Add the nandos rub to the chicken , add a squirt of oil (or fry light)and coat all over.

Bake for 25/30 minutes (must be cooked through) in a suitable baking dish, remove and rest.

Meanwhile add the peppers courgette, onion to a large deep pan with a squirt of oil.

Gently fry until softened, add the curry paste , coat all over then add a dash of water, heat until bubbling and keep adding the water bit by bit , then reduce the heat and simmer gently for 10☐☐minutes with the lid on.

Chop the chicken into chunks and add with the coriander to the sauce , stir through and reduce the heat.

Then stir in the yoghurt and coriander.

Serve with the rice>

Nutrition

- Carbs: 51g
- Fat: 6g
- Protein: 48g

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