FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Bish bash balti

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

Stuff that's in it:

• 600G Chicken Breast (Cubed)

• 1 Onion (Chopped)

• 2 Peppers (Sliced)

• Fry Light

• 1 Can Chopped Tomatoes

• 4 Low Fat Microwave Popadoms

• 4 Mini Nan Breads ((Tesco))

• 200G Basmati Rice ((Dry Weight))

• 30G 0% Fat Greek Style Yoghurt

• 70G Balti Slice Paste ((Pataks))

What you do:

Squirt some fry light/oil into a large heavy based pot, add the chopped onion and peppers and gently fry fo a Few minutes. Drop the chicken cubes in and fry for another few minutes until opaque, then add the spice paste, mix well, add the can of tomatoes, fill it with water, add that, bring to the boil and simmer for 15 minutes.

Cook the papadums in the microwave as per packet instructions as well as the rice and pop the nana breads in the toaster.

Once the chicken is cooked and the curry is thick, take off the heat and stir in the yoghurt.

Enjoy!

Nutrition

- Carbs: 76g
- Fat: 8g
- Protein: 48g

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