FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Super Quick Spicy Curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**453 kcal**

Stuff that's in it:

• 2 Tsp Oil

• 600G Chicken Breast (Diced)

• 15G Corn Flour

• 229G Onion (Diced)

• 2 Cloves Garlic (Chopped)

• 8G Medium Curry Powder

• 2Tsp Fresh Ginger (Sliced)

• 5G Brown Sugar

• 500Ml Chicken Stock

• 15Ml Soy Sauce

• 150G Peas

• 200G Chestnut Mushrooms (Sliced)

• Fresh Green Chilli To Garnish

• 200G Basmati Rice ((Dried Weight))

What you do:

If you want this mild, don't use chilli and use mild curry powder instead of medium.

Coat the chicken pieces in the corn flour, set aside.

Heat the oil in a pan and add your onion, cook gently for a few minutes until soft.

Add the garlic , ginger and chilli and fry for a minute, then add the soy sauce and stock, bring to the boil and simmer for 10-15 minutes.

Pop your rice on to cook, as per the instructions.

Use a stick blender to blend all the pan ingredients to a sauce and set aside.

Wipe the pan clean and add the mushroom and chicken with some more oil.

Stir fry on a high heat until cooked all the way through 7-10 minutes.

Add the sauce and the peas and stir well, then simmer for 5 minutes until the peas are cooked through and the sauce is thick.

Serve with the rice.

Nutrition

• Carbs: 54g

• Fat: 6g

• Protein: 45g

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