

Fast Chicken Curry



4 people	10 minutes	35	45 minutes	580 kcal
Serves	Prep Time	Cooking	Total Time	Calories

Stuff that's in it:

- 1 Tbsp Olive Oil
- 550G Chicken Breast (Sliced Into Small Cubes)
 - •1 Tbsp Mild Curry Powder
 - •1 Tsp Garam Masala
 - 2 Tsp Turmeric
 - 1/2 Tsp Ground Coriander
 - 1Tsp Fresh Ginger (Finely Sliced)
 - •1Tsp Nigella Seeds
 - 150G Frozen Peas
 - 220G Brown Onion (Finely Sliced)
 - 2 Carrots (Small)
 - 1 Red Onion (Sliced)
 - 1 Tbsp Fresh Coriander
 - 2 Garlic Cloves (Crushed)
 - 30G Plain Flour
 - 6-800Ml Chicken Stock
 - 30G Mango Chutney

• 200G Basmati Rice (Dried Weight)

What you do:

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 hot water and the mango chutney, season then \(\Bar{\pi} \)

Bring to the boil and simmer for 10-15 mins until soft and thick.

Place your rice on to cook as per packet instructions

Remove chunky sauce mix 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 a simmer.

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

Add the peas last and cook for 2 minutes until soft

Put the Nan breads in the toaster for 1-2 minutes

Serve with the rice , Nan bread and coriander garnish and add some nigella seeds or sesame to decorate (optional)

Nutrition

· Carbs: 83g

• Fat: 6g

• Protein: 45g

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