

Super Quick Spicy Curry



Serves
4 people

Prep Time

Cooking

Total Time

Calories
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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