FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fast Chicken Curry



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

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)
- 1 Tsp 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

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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