

YELLOW CHICKEN CURRY



LifeShape Clinic

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INGREDIENTS (SERVES 4)

500g chicken breast, chopped
2 teaspoons coconut oil
4 cups broccoli florets
2 cups green beans, sliced
2 carrots, chopped
2 cloves garlic, minced
2 tsp fresh ginger, grated
1 tbsp yellow curry paste
400ml reduced fat coconut milk
1 tbsp soy sauce salt reduced
2 ripe tomatoes, chopped
4 spring onions, sliced
2 tbsp fresh coriander
4 wholemeal Mountain Bread Wraps

METHOD

1. In a non-stick pan over medium heat sauté curry paste, ginger and garlic for 1 minute.
2. To the curry paste mix, add broccoli, beans, carrot and chicken, cook for 4 minutes. Add coconut milk, 1 cup water, tomato and soy sauce and bring to a boil.
3. Decrease heat to medium/low and simmer for 15 minutes, uncovered. Garnish with coriander, spring onion and serve with Mountain Bread.

Nutrition Guide

PER SERVE

Energy (cal)	370cal
Protein	37.2g
Fat	10.2g
Saturated Fat	7.4g
Carbohydrate	23.5g
Sodium	559mg

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: Yes
Total Meal Calories: 378 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: No
Recommendations: Swap mountain bread for 2 cups cooked brown rice (1/2 cup) per serve
Total meal calories: 420 cal

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