

Super Quick Chicken Curry



Serves

4 people

Prep Time

Cooking

Total Time

Calories

453 kcal

Stuff that's in it:

- 2Tsp Oil
- 600G Chicken Breast (Diced)
 - 15G Corn Flour
 - 229G Onion (Diced)
 - 2 Cloves Garlic (Chopped)
- 8G Medium Curry Powder (Use Mild If You Don't Want It Too Hot)
 - 2Tbsp Fresh Ginger (Sliced)
 - 5G Brown Sugar
 - 500Ml Chicken Stock
 - 15Ml Soy Sauce
 - 150G Peas
- 200G Chesnut Mushrooms (Sliced)
- 1 Fresh Chilli To Garnish (If You Want It Hot)

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What you do:

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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