

THAI GREEN CHICKEN CURRY



Ingredients (Serves 2)

GF, NF

- 2 Chicken Breasts
- 2 tbsp Thai Green Chicken Curry
- 500ml Coconut Milk
- 1 Red Chilli
- Bunch of Coriander
- 100g Wholemeal, Brown Rice
- 1 Onion
- 1 Clove of Garlic
- 1 tbsp Toasted Sesame Oil

Method

1. Start by chopping the onion and garlic and adding to a pan with the Toasted Sesame Oil.
2. Add the curry paste and stir through, then pour in the coconut milk.
3. Chop the chicken breasts into chunks and add to the pan. Pop the lid on until the chicken is cooked through.
4. Meanwhile, steam the rice and leave to one side.
5. When the chicken is cooked, and the sauce reduced, add the chopped chilli and coriander and serve with the rice.

Nutrition

Chicken = Protein for Satiety and Muscle Repair
Chilli = Vitamin C, Anti-inflammatory and Immune Boosting