

CHICKEN CURRY



Servings: 2 people

Prep Time: 10 minutes

Cook Time: 15 minutes

Difficulty Rating:



INGREDIENTS

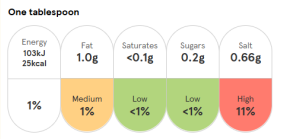
- 2 chicken breasts chopped
- 1 medium onion chopped
- 1 carrot chopped
- 2 cloves of garlic chopped
- 1 pepper chopped
- 5 mushrooms chopped
- 1 tbsp virgin olive oil
- salt and pepper to taste
- 1 stock cube
- 100g peas (defrosted)
- 2 tbsp curry powder

INSTRUCTIONS

1. Prep all veg
2. Put frying pan on medium heat with a tbsp oil
3. Gently fry the onion and garlic
4. Add the chicken and fry until golden.
5. Add the chopped carrots, and cook for 3 mins before adding the chopped peppers and mushrooms. Cook for 3 mins
6. Add curry powder then add the chicken stock and mix well.
7. Add the peas and reduce the heat and simmer on low heat for 10 mins. Stirring occasionally to prevent it sticking or burning.
8. Add salt and pepper to taste and serve with rice

Week 5

Reading food labels: -
NB ingredients are listed in order of quantity. So if sugar at the top of the list the item is mostly sugar!



Ingredients

Coriander Seed, Cumin Seed, Onion, Salt, Chilli Powder, Fenugreek, Garlic Powder, Ginger, Paprika, Turmeric, Cinnamon, Black Pepper, Clove, Bay Leaf, Cardamom.

| Nutrition Facts | |
|---|-------------------|
| Serving Size oz. | |
| Serving Per Container | |
| Amount Per Serving: | |
| Calories | Calories From Fat |
| % Daily value* | |
| Total Fat | % |
| Saturated Fat | % |
| Trans Fat | |
| Cholesterol | % |
| Sodium | % |
| Total Carbohydrate | % |
| Dietary Fiber | % |
| Sugars | |
| Protein | |
| *Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |

| Nutrition Facts | |
|---|-----------------------|
| Serving Size 10 oz. | |
| Serving Per Container 5 | |
| Amount Per Serving | |
| Calories 200 | Calories From Fat 200 |
| % Daily value* | |
| Total Fat 10 g | 35% |
| Saturated Fat 1.5g | 11% |
| Trans Fat 0.0 g | |
| Cholesterol 0 mg | 1% |
| Sodium 210 mg | 15% |
| Total Carbohydrate 15 g | 3% |
| Dietary Fiber 2 g | 3% |
| Sugars 3 g | |
| Protein 30 g | |
| Vitamin A 3% | Vitamin C 3% |
| Calcium 6% | Iron 6% |
| *Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |