



Chicken and vegetable curry

Prep: 45 minutes • Cook: 30 minutes • Serves: 2



Ingredients

120g basmati rice, rinsed
1 large/2 small chicken breasts (200g),
skinless and boneless, cut into small
pieces
50ml low-fat plain yoghurt
½ teaspoon red chilli powder
2 teaspoons garam masala/curry powder
1 teaspoon turmeric
1 tablespoon vegetable oil
1 onion, peeled and finely chopped
½ tin chopped tomatoes (200g)
½ inch ginger, crushed
2 cloves garlic, crushed
80g carrots, peeled and diced
40g green beans, chopped
30g frozen green peas
Small handful fresh coriander, roughly
chopped.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£1.63**

Carbohydrate **67.3g**

Energy in kcals **526**

- 1** Wash the rice, put into a pan with double the amount of water, bring to boil, put lid on and turn heat down. Simmer for 10 minutes until cooked, checking to add more water if needed.
- 2** Marinate chicken pieces in yoghurt, chilli powder, garam masala and turmeric for 30 minutes.
- 3** Heat oil over a medium heat and fry onion until light brown.
- 4** Add the tomatoes, ginger and garlic and fry for 1 to 2 minutes until onions and tomatoes are well mixed, then add vegetables and fry for a minute.
- 5** Add the marinated chicken and stir well so the chicken mixes with the onion, tomatoes and vegetables. Reduce heat to low, cover with a lid and let chicken and vegetables cook for 20 minutes.
- 6** Once the chicken is cooked, add in freshly chopped coriander and serve warm with rice.