

## Recipe of the Week 9

### Thai green chicken curry

This thai green chicken curry is a healthier way to enjoy curries. It has a lot less saturated fat than your typical curries and is high in carbohydrates and protein to support your energy levels and recovery.

Tip: to increase the vitamin and mineral content of the dish you can add practically any vegetables a few favourites include green beans, courgettes, onion, mushrooms.



**Serves: 4**  
**Preparation time: 15-minutes**  
**Cooking time: 15-minutes**

#### Method

1. "Pour the coconut milk into a shallow non-metallic dish. Add the curry paste, runny honey and mix well. Add the chicken, toss well and set aside for 15 minutes.
2. Transfer to a saucepan and gently simmer for 12-15 minutes, until the chicken is cooked through and the sauce has thickened slightly. Add the coriander.
3. Garnish with coriander and the chilli, if you like, and serve with cooked basmati rice."

#### Ingredients

500g chicken breast fillets (sliced)  
200ml reduced fat coconut milk  
2 -4 tbsp light Thai green curry paste  
2 tbsp honey  
Handful chopped fresh coriander  
1 red chilli, thinly sliced (optional)  
300g basmati rice

#### Each serving contains

Energy (kcal) – 340kcal  
Carbohydrates – 36g  
Protein – 34g  
Fat – 6g (4g saturated)

(Adapted from delicious magazine, 2009)

Image from (Morrison's.net, 2009)

