

DINNER

CHICKEN CURRY



SHOPPING LIST:

- 4 chicken Breasts
- 6 cloves of garlic
- 1tbsp. of lemon or Pre-juiced bottle.
- 1tbsp. olive oil
- 1tbsp. tomato paste
- ½tsp. dried mint leaves
- 1 can of chopped tomatoes
- 1tbsp. English mustard
- 1 large onion
- 1tsp. cinnamon
- 1/2tsp. chili flakes
- 1tsp. garam masala
- 2tsp. cumin
- 1tsp. sugar
- 2-3 handfuls rice

COSTINGS: *£2.02 per portion

NUTRITIONAL INFORMATION:

Calories: 343 |
Carbohydrates: 33g |
Protein: 35g | Fat: 6.7g |
Saturated Fat: 1.3g | Salt: 0.68g | Fibre: 4.5g | Sugar: 11g
The chicken provides a good source of protein, calcium, magnesium, and b-vitamins. The spices, garlic, and onion add antioxidants. The rice adds a source of carbohydrates used for energy!

Preparation time:	Cook time:	Servings:
20 mins	1 hour 30 mins	4

DIRECTIONS:

		
1. Measure out and chop your ingredients	2. Add your dry ingredients into the pan, frying for a couple of minutes.	3. Add in your wet ingredients and mix
		
4. In a separate pan, fry your chicken breast pieces until cooked and white. Add into pan with tomato base and add 1/2 cup of water. Allow to cook on medium heat until desired consistency.	5. Cook your rice. Cover with boiled water from a kettle in the saucepan, put on lid and allow to boil through for 20 minutes until soft.	6. Plate up and serve. Tip – You can prepare this easy dish earlier in the day and then heat ready for dinner.