Dinner

Creamy Chicken Curry with Green Beans

Strips of chicken simmer in a gentle curry sauce flecked with sweet currants, finished with crisp green beans. Spoon it over warm rice with coriander and cool cucumber slices on the side.



Freezer safe

30 min	759	111.3 g	13 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tablespoon light cooking oil
- [ ] 1 large brown onion
- [ ] 2-3 garlic cloves, crushed
- [ ] 700 g chicken breast or thigh fillets, trimmed, cut into strips
- [ ] 2 tablespoons Keens curry powder (a basic non-spicy powder)
- [ ] 375 ml can evaporated skim milk
- [ ] 1 tablespoon coconut essence
- [ ] 4 tablespoons currants / small sweet rindless raisins
- [ ] 400 g green beans, trimmed, cut in thirds
- [ ] 2 cups cooked Doongara rice (low GI rice)
- [ ] Fresh coriander to serve
- [ ] 2 cucumbers, peeled, sliced to serve

Nutrition Facts

Per serving

Calories	**759**
Total fat	10.7 g
Saturated fat	Not listed
Sodium	288 mg
Total carbs	111.3 g
Fiber	6.8 g
Total sugars	13 g
Protein	59.3 g

Method

- [ ] **1** Heat the light cooking oil in a frypan over low heat.
- [ ] **2** Add the brown onion and cook until soft and translucent.
- [ ] **3** Raise the heat to medium, add the chicken breast or thigh fillets with the crushed garlic cloves, and cook for several minutes until the chicken turns slightly golden.
- [ ] **4** Stir in the Keens curry powder and cook until the spices turn fragrant.
- [ ] **5** Lower the heat to low, then pour in the evaporated skim milk along with the coconut essence and the 4 tablespoons currants / small sweet rindless raisins.
- [ ] **6** Simmer for around 5 minutes, then add the green beans.
- [ ] **7** Continue to simmer for another few minutes, then turn off the heat.
- [ ] **8** Serve the curry over the cooked Doongara rice, top with fresh coriander, and add the peeled, sliced cucumbers on the side.

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