Dinner

Golden Chicken Curry with Vegetables

Tender diced chicken simmers in a fragrant, gently spiced sauce with mixed vegetables and a swirl of light coconut milk. A sprinkle of fresh coriander finishes this warming pan cooked dinner.



Freezer safe

45 min	266	7.1 g	1.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 500 g chicken thighs, diced
- [ ] 1 tablespoon olive oil
- [ ] 1 onion, finely chopped
- [ ] 2 garlic cloves, crushed
- [ ] 1 tablespoon grated fresh ginger (or 1 tsp ground)
- [ ] 2 tablespoons curry powder (mild or medium, to taste)
- [ ] 1 teaspoon ground cumin
- [ ] 1 teaspoon turmeric
- [ ] 250 ml reduced salt chicken stock
- [ ] ½ cup light coconut milk
- [ ] 1 cup chopped, mixed vegetables
- [ ] Salt and pepper to taste
- [ ] Fresh coriander, for garnish

Nutrition Facts

Per serving

Calories	**266**
Total fat	14 g
Saturated fat	4.8 g
Sodium	262 mg
Total carbs	7.1 g
Fiber	Not listed
Total sugars	1.8 g
Protein	25.6 g

Method

- [ ] **1** Warm the olive oil in a large pan set over medium heat, then tip in the finely chopped onion and let it soften for about 3 minutes. Stir the crushed garlic and grated fresh ginger through and give them 1 more minute.
- [ ] **2** Scatter the curry powder, ground cumin and turmeric over the base of the pan, stirring so the spices toast for 30 seconds and turn fragrant.
- [ ] **3** Drop the diced chicken thighs in and toss everything together so each piece gets coated in the spices, then let them cook for 6 minutes, turning until they are browned on all sides.
- [ ] **4** Pour the reduced salt chicken stock around the pan and wait for it to come up to a simmer. Lower the heat, clamp a lid on and leave it for 10 minutes, then mix the chopped, mixed vegetables through and cook them for 5 minutes until just tender.
- [ ] **5** Swirl the light coconut milk in and warm everything through gently before tasting and seasoning with salt and pepper.
- [ ] **6** Finish with fresh coriander scattered over the top and serve alongside cauliflower rice.

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