

Recipes

Healthy Thai Chicken Curry

Serves 4 (cooking time 25-30mins)

Ingredients:

1 teaspoon of olive oil
2 skinless boneless chicken breasts
2 medium onions
A handful of green beans
1 medium sized sweet potato
2 cloves of garlic
2 red capsicums (bell peppers)

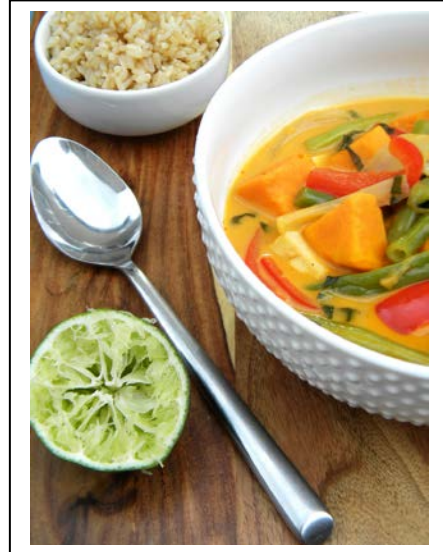
1 tbsp ginger root (fresh) – **anti-inflammatory**
1 tsp black pepper (ground)
1 finger chili (optional)
5 tsp (salt free) curry powder – **anti-inflammatory**

1 tin of evaporated coconut flavoured milk (from Woolworths)
or 200ml of light coconut milk

200g rice (brown rice is higher in fibre & a healthier choice than white)

Method:

- 1) Start cooking the brown rice in a rice cooker or saucepan (20-25mins).
- 2) Chop up the sweet potato, onions, green beans and garlic on a high heat for 5mins and sprinkle with cracked pepper.
- 3) Add the chicken and red capsicum and grated ginger to the pan and cover in curry powder (2tsp) and some cracked pepper then cook until slightly brown in a pan (aprox 10mins).
- 4) Add the coconut milk and add 3 more tsp of curry powder and mix (10mins)
- 5) Serve to 4 people with a palm of rice portion per person. Or store in the fridge/ freezer for another time.



for your family and friends to try!