

## Nutracheck Recipe 🍴

### Homemade Chicken Curry

Serves: 1

**429** kcals

**5.8** g fat

per serving



#### INGREDIENTS

50g apples  
40g onions  
20g peppers  
20g mushrooms  
1 medium chicken breast fillet  
5g curry paste  
30ml water  
¼ can/ 100g tomatoes, chopped in tomato juice  
5 sprays Frylight spray  
1/4 tsp. curry powder  
2 tbsp. low fat natural yoghurt  
A generous handful of coriander  
50g Basmati rice

#### Cooking Instructions:

1. Dice the chicken, apple & onion.
2. Sauté onion & apple in olive oil.
3. Add the curry paste, followed by the diced chicken.
4. Add tin of chopped tomatoes, the curry powder & 150 ml water.
5. Bring to boil, then reduce heat & simmer for 20 minutes or until chicken is cooked thoroughly. Add low fat natural yoghurt and coriander and simmer for 2 minutes.
6. Meanwhile, boil the basmati rice as per pack instructions.
7. Serve on a bed boiled brown basmati rice.