

Dinner

RECIPE CARD

Chinese Chicken Curry

RECIPE NAME

Dinner

MEAL TIME

10 minutes

PREP TIME

20 minutes

TIME TO COOK

Feel free to use any type of protein in here if you wish to switch things up. Always make sure to weigh ingredients for accurate calories.

NOTES

Approx. 215kcal
per serving

CALORIES

INGREDIENTS

- 500g chicken breast cut into chunks
- 130g baby corn
- A handful of peas
- 3 peppers, sliced lengthways
- 4 large mushrooms, sliced
- 1 chicken (or veggie) stock cube
- 1 large onion, sliced and diced.
- 85g of mayflower curry sauce powder
- 350ml of water

METHOD

- ☆☆☆ Make up the mayflower curry sauce per the packet instructions and set to one side.
- ☆☆☆ Fry the onions, mushrooms, peas, peppers and baby corn until soft.
- ☆☆☆ Add the chicken and cook until lightly brown. Crumble the stock cube on top.
- ☆☆☆ Pour over the curry sauce mix and let simmer for 10 minutes or until desired consistency is reached.