




MANGO CHICKEN CURRY

 2 servings  Prep: 10 mins  Cook 15 mins

INGREDIENTS

½ tbsp Oil
1 med Onion, chopped
3 tbsps Ginger, chopped
3 tbsps Curry Powder
1½ cup Mango, frozen & diced
¼ tsp Salt, lower in sodium
200ml Coconut Milk, trim
250g Chicken Thigh, diced & skinless

METHODS

1. Heat up oil in a large frying pan over medium heat.
2. Add in onion, ginger and sauté for 3 mins or until the onions are translucent.
3. Blend sauté onion and ginger with the curry powder, salt, trimmed coconut milk and ¾ cup of mango until smooth.
4. Return blended curry paste to the frying pan at low heat then add chicken with ¼ cup of water.
5. Cover the pan and cook for 15 minutes, stirring a few times.
6. When the chicken are fully cooked, turn off heat.
7. Add in remaining ¾ cup of mango and serve.

TIP:

To replace frozen mango, use 1 medium fresh mango (140g).



< 500 KCAL
MEALS



FRUITY
FRIDAY

Nutrition Information (per serving)

Energy 324kcal, Carbohydrate 17.2g, Protein 27.5g, Fats 26.0g, Saturated Fats >3.0g, Polyunsaturated Fats >4.0g, Monounsaturated Fats >5.3g, Cholesterol >99mg, Dietary Fibre >9.7g, Sodium 131mg, Potassium >777mg, Phosphate >365mg

