

SLOW-COOKED CHICKEN CURRY



2 servings



Prep: 10 min



Cook: 6 hours



INGREDIENTS

- 1 onion, large, chopped
- 45 g curry paste, lower in sodium
- 400 g tomatoes, chopped, canned
- 1 tbsp ginger, chopped
- 2 capsicum, cubed
- 300 g chicken leg, de-skinned
- 30 g coriander leaves

METHODS

1. In a slow cooker pot, add in onions, curry paste, canned tomatoes, vegetable powder, ginger and capsicum.
2. Add in chicken leg and cook for 6 hours in a slow cooker.
3. Stir in the coriander.
4. Serve over brown rice and enjoy!



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 361kcal, Carbohydrate 33g, Protein 38g, Fats 11g, Saturated Fats 3g, Polyunsaturated Fats >1.2g, Monounsaturated Fats >3.9g, Cholesterol >118.5mg, Dietary Fibre 12g, Sodium 723mg, Potassium >2023mg, Phosphate >523mg



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