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Chicken Curry

Recipe makes:

1 portion

Preparation time:

10 minutes

Cooking time:

15 minutes

Nutritional Information	Per portion
Energy	286 kcal
Protein	34g
Carbohydrates of which sugars	4.3g 3.0g
Total Fat	14g

Ingredients:

100g carbohydrate-free rice e.g. Slim Rice*
3g sunflower oil
2g garlic purée e.g. Gia*
2g fresh ginger, grated
2g fresh chilli, finely chopped
4g fresh coriander, chopped
100g chicken, diced
50g spring onions, chopped

50g mushrooms, finely sliced
50g aubergine, diced
2g curry powder
2g turmeric
2g fenugreek
100g unsweetened soya drink
50g spinach leaves, chopped
1g xanthan gum

Method:

1. Wash the carbohydrate-free rice according to the manufacturer's instructions and set aside.
2. Heat the sunflower oil in a large frying pan over medium heat.
3. Add the garlic purée, grated ginger, chopped chilli and coriander and cook for 1 minute until fragrant.
4. Add in the diced chicken, chopped spring onions, sliced mushrooms and diced aubergine. Add in a pinch of salt and pepper. Cook until the chicken starts to brown.
5. Sprinkle over the curry powder, turmeric and fenugreek. Lightly fry until the chicken is cooked – approximately 3 minutes.
6. Pour in the unsweetened soya drink, chopped spinach and xanthan gum. Simmer for 2 minutes until the sauce thickens.
7. Add in the washed carbohydrate-free rice and stir until it is incorporated with the sauce. Cook for a further 1-2 minutes.
8. Dish up the chicken curry into a bowl and enjoy!

Dietitian's comments:



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Always check with your dietitian that this recipe is suitable for you.

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrizen analysis. Refer to labels for allergen and other product information.

*Alternative products may be available - please speak to your dietitian.



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