



Chicken curry with lime leaf, lemongrass & mango

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lime leaves finely chopped (2 and the centre vein discarded)
- 1 thumb-sized chilli red hot deseeded (if you don't like it too)
- 6 lemongrass stalks finely chopped
- 1 piece cm ginger peeled
- 1 small pack coriander for the paste, reserve the leaves to serve
- 2 tbsp brown sugar soft
- 3 tbsp tamarind purée

- 2 tsp vegetable oil
- 400 ml coconut milk canned
- 8 chicken thighs boneless skinless halved
- 2 lime zest
- 100 g green bean fine
- 2 small mangoes peeled cut into 3cm pieces
- 4 servings jasmine rice cooked

Equipment

- food processor
- sauce pan

Directions

- Blend the chopped lime leaves with the rest of the curry paste ingredients in a food processor.
- Heat the oil in a large saucepan, add the curry paste and cook on a medium heat for 2–3 mins.
- Pour in the coconut milk and bring to a simmer.
- Add the chicken, lime zest and juice, then season and cover. Gently simmer for 30 mins until the chicken is tender.
- Remove the lid and cook for a further 10 mins.
- Add the green beans, mangoes and whole lime leaves and cook for 5 mins.
- Add the coriander leaves just before serving with hot jasmine rice.

Nutrition Facts



PROTEIN 25.46% FAT 41.72% CARBS 32.82%

Properties

Glycemic Index:98.94, Glycemic Load:36.96, Inflammation Score:-9, Nutrition Score:38.643043559531%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 768kcal (38.4%), Fat: 36.59g (56.3%), Saturated Fat: 24.3g (151.87%), Carbohydrates: 64.79g (21.6%), Net Carbohydrates: 58.19g (21.16%), Sugar: 29.74g (33.04%), Cholesterol: 214.7mg (71.57%), Sodium: 227.06mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.24g (100.48%), Manganese: 1.88mg (94.15%), Selenium: 64.54µg (92.2%), Vitamin C: 70.28mg (85.19%), Vitamin B3: 15.11mg (75.57%), Vitamin B6: 1.36mg (68.09%), Phosphorus: 614.07mg (61.41%), Potassium: 1286.85mg (36.77%), Vitamin B5: 3.6mg (35.95%), Magnesium: 136.31mg (34.08%), Copper: 0.66mg (32.84%), Zinc: 4.91mg (32.73%), Vitamin B2: 0.52mg (30.61%), Vitamin A: 1507.98IU (30.16%), Iron: 5.36mg (29.75%), Vitamin K: 29.53µg (28.12%), Fiber: 6.6g (26.4%), Vitamin B1: 0.37mg (24.42%), Vitamin B12: 1.45µg (24.11%), Folate: 93.4µg (23.35%), Vitamin E: 1.99mg (13.25%), Calcium: 96.41mg (9.64%)