



Chicken, potato & green bean curry

READY IN



40 min.

SERVINGS



4

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion chopped
- ☐ 6 fillet strips. cubed
- ☐ 2 potatoes cut into small cubes
- ☐ 2 tbsp curry paste
- ☐ 500 g canned tomatoes with 100ml water until smooth) canned
- ☐ 200 g green beans fine
- ☐ 150 g yogurt (use full-fat to avoid curdling)
- ☐ 4 servings naan breads plain

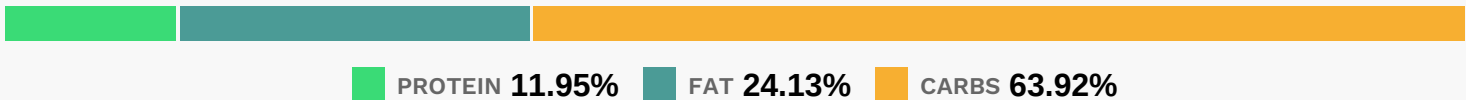
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan and cook the onion and chicken together over a medium heat for 5 mins until the onion is soft.
- ☐ Add the potatoes, curry paste and passata, bring to the boil, then cover and gently simmer for 15 mins.
- ☐ Add the beans and a splash of water and cook for 10–15 mins more until all the vegetables are tender and the chicken is cooked through.
- ☐ Remove from the heat and stir in the yogurt.
- ☐ Serve with rice or naan.

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:18.06, Inflammation Score:-9, Nutrition Score:18.414782627769%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 307.85kcal (15.39%), Fat: 8.55g (13.15%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 43.64g (15.87%), Sugar: 12.4g (13.78%), Cholesterol: 8.82mg (2.94%), Sodium: 405.76mg (17.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.05%), Vitamin C: 41.43mg (50.22%), Vitamin A: 1835.97IU (36.72%), Vitamin B6: 0.62mg (31.12%), Fiber: 7.31g (29.24%), Potassium: 1021.47mg (29.18%), Vitamin K: 30.55µg (29.1%), Manganese: 0.54mg (26.85%), Vitamin E: 3.25mg (21.65%), Copper: 0.39mg (19.66%), Iron: 3.25mg (18.06%), Magnesium: 69.53mg (17.38%), Phosphorus: 165.68mg (16.57%), Vitamin B1: 0.24mg (16.31%), Vitamin B3: 3.15mg (15.73%), Calcium: 155.79mg (15.58%), Folate: 57.69µg (14.42%), Vitamin B2: 0.21mg (12.57%), Vitamin B5: 0.97mg (9.7%), Zinc: 1.05mg (7.02%), Selenium: 2.61µg (3.73%), Vitamin B12: 0.15µg (2.47%)