



Curry in a Hurry

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce coconut milk canned
- 2 tablespoons wok oil
- 2.3 pounds thigh fillets cut into strips 1 1/2-inches by 3/4-inch
- 3 tablespoons freshly coriander leaves/cilantro leaves chopped
- 1 tablespoon fish sauce
- 2 cups cube to make
- 6 servings lime wedges for garnish
- 1.5 cups soya beans frozen

- 1.5 cups beans frozen fine
- 1.5 cups peas frozen
- 6 servings rice for service, optional
- 3 tablespoons scallions finely chopped
- 3 tablespoons thai curry paste green
- 1 cup water boiling

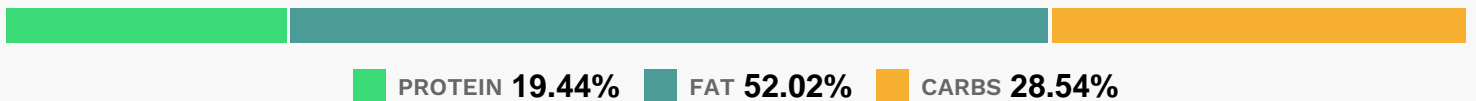
Equipment

- sauce pan

Directions

- Heat the oil in a large saucepan, one that owns a lid, and drop in the scallions. Cook, stirring for a minute or 2, and then add the curry paste.
- Add the chicken pieces and keep turning over heat for 2 minutes, before adding the coconut milk, stock (or rather water and stock concentrate or cube) and fish sauce and then the frozen peas and soya beans.
- Simmer for 10 minutes then add the frozen fine beans and cook for another 3 to 5 minutes.
- Serve with rice or noodles, as wished, sprinkling over the coriander/cilantro as you do so. Put out a plate of lime wedges for people to squeeze over as they eat.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:19.87, Inflammation Score:-9, Nutrition Score:33.036086906558%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 885.4kcal (44.27%), Fat: 51.41g (79.09%), Saturated Fat: 22.59g (141.18%), Carbohydrates: 63.46g (21.15%), Net Carbohydrates: 55.98g (20.36%), Sugar: 7.75g (8.62%), Cholesterol: 169.1mg (56.37%), Sodium: 505.77mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.24g (86.47%), Selenium: 74.01µg (105.73%), Manganese: 1.31mg (65.4%), Vitamin B3: 11.46mg (57.32%), Phosphorus: 548.04mg (54.8%), Vitamin C: 42.91mg (52.01%), Folate: 175.28µg (43.82%), Vitamin B6: 0.81mg (40.46%), Magnesium: 139.93mg (34.98%), Vitamin A: 1637.9IU (32.76%), Copper: 0.63mg (31.29%), Potassium: 1086.22mg (31.03%), Fiber: 7.48g (29.91%), Zinc: 4.42mg (29.45%), Iron: 5.23mg (29.03%), Vitamin B2: 0.38mg (22.27%), Vitamin K: 23.01µg (21.91%), Vitamin B5: 2.14mg (21.37%), Vitamin B1: 0.32mg (21.36%), Vitamin B12: 1.1µg (18.38%), Calcium: 116.24mg (11.62%), Vitamin E: 1.43mg (9.53%), Vitamin D: 0.17µg (1.13%)