



No-fry Thai curry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



565 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp curry paste green blue good (Dragon is a one)
- ☐ 400 ml coconut milk canned
- ☐ 2 fillet chicken breast boneless skinless very thinly sliced ()
- ☐ 1 bell pepper red seeded cut into chunks
- ☐ 3 spring onion halved cut into long pieces
- ☐ 1 cup peas frozen
- ☐ 2 tbsp cilantro leaves fresh chopped

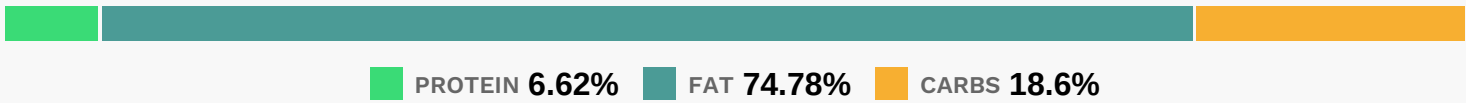
Equipment

☐ frying pan

Directions

- ☐ Make the sauce. Stir the curry paste over the heat in a medium pan for a few seconds, pour in the coconut milk and bring to the boil.
- ☐ Cook the rest.
- ☐ Add the chicken and veg, let it all start to bubble again, then turn down the heat and cook very gently for 5 minutes until the chicken is tender but the vegetables still have some texture. Stir in the coriander or basil and serve spooned over rice or noodles.

Nutrition Facts



Properties

Glycemic Index:70.17, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:30.734782365677%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 565.07kcal (28.25%), Fat: 49.91g (76.79%), Saturated Fat: 43.37g (271.07%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 17.06g (6.2%), Sugar: 14.87g (16.53%), Cholesterol: 0.64mg (0.21%), Sodium: 40.93mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Vitamin C: 115.6mg (140.13%), Manganese: 2.25mg (112.65%), Vitamin A: 4986.82IU (99.74%), Vitamin K: 59.6µg (56.76%), Fiber: 10.88g (43.52%), Copper: 0.69mg (34.67%), Phosphorus: 305.61mg (30.56%), Folate: 118.76µg (29.69%), Iron: 5.31mg (29.53%), Magnesium: 110.1mg (27.52%), Potassium: 891.49mg (25.47%), Selenium: 14.37µg (20.54%), Vitamin B1: 0.29mg (19.24%), Vitamin B3: 3.84mg (19.21%), Vitamin B6: 0.38mg (19.08%), Zinc: 2.49mg (16.57%), Vitamin E: 1.45mg (9.66%), Vitamin B2: 0.16mg (9.55%), Calcium: 89.03mg (8.9%), Vitamin B5: 0.67mg (6.65%)