



HEALTH SCORE

91%

Thai chicken parcel with sugar snap peas & rice



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast skinless
- ☐ 1 small cilantro leaves chopped
- ☐ 1 bok choy quartered
- ☐ 175 g sugar snap peas
- ☐ 1 tsp fish sauce
- ☐ 1 tsp soya sauce
- ☐ 2 tbsp rice vinegar

- ☐ 2 tbsp chilli sauce sweet
- ☐ 1 lime zest
- ☐ 1 tbsp curry paste green
- ☐ 100 g rice

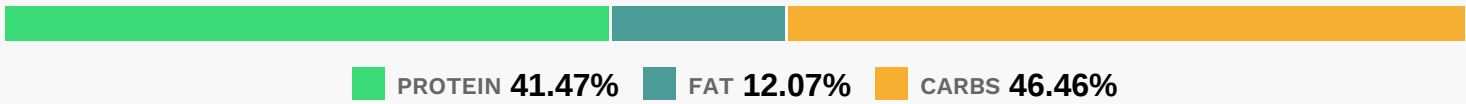
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Heat a non-stick frying pan over a high heat and cook the chicken breasts for 4-5 mins on each side until browned.
- ☐ Lay a large piece of baking parchment on a baking tray, add half the coriander, the pak choi and sugar snap peas, then place the chicken breasts on top.
- ☐ Combine the fish and soy sauce, rice vinegar, sweet chilli, lime zest and juice, and curry paste, and pour over the chicken and veg, then cover with another piece of parchment. Fold up each edge to form a parcel and cook for 12-15 mins.
- ☐ Meanwhile, cook the rice following pack instructions.
- ☐ Remove the parcel from the oven, leave to sit for 1-2 mins, then cut open and add the rest of the coriander.
- ☐ Serve with the rice.

Nutrition Facts



Properties

Glycemic Index:95.09, Glycemic Load:24.91, Inflammation Score:-10, Nutrition Score:53.877391120662%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 18.19mg, Kaempferol: 18.19mg, Kaempferol: 18.19mg, Kaempferol: 18.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 590.95kcal (29.55%), Fat: 7.92g (12.19%), Saturated Fat: 1.76g (11%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 60.14g (21.87%), Sugar: 17.92g (19.91%), Cholesterol: 144.64mg (48.21%), Sodium: 1115.8mg (48.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.27g (122.53%), Vitamin A: 21050.36IU (421.01%), Vitamin C: 254.88mg (308.94%), Vitamin K: 216.78µg (206.46%), Vitamin B6: 2.76mg (138.17%), Vitamin B3: 27.26mg (136.31%), Selenium: 83.1µg (118.71%), Folate: 332.36µg (83.09%), Manganese: 1.5mg (74.81%), Phosphorus: 745.09mg (74.51%), Potassium: 2181.78mg (62.34%), Calcium: 528.93mg (52.89%), Vitamin B5: 4.85mg (48.47%), Magnesium: 180.93mg (45.23%), Iron: 6.93mg (38.49%), Vitamin B2: 0.63mg (37.01%), Fiber: 8.49g (33.98%), Vitamin B1: 0.49mg (32.78%), Zinc: 2.95mg (19.68%), Copper: 0.36mg (17.94%), Vitamin E: 1.3mg (8.68%), Vitamin B12: 0.47µg (7.77%), Vitamin D: 0.23µg (1.51%)