



HEALTH SCORE

64%

Thai coconut crumbed chicken traybake



Dairy Free



Very Healthy



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 butternut squash cubed peeled deseeded
- ☐ 1 large aubergine cubed
- ☐ 1 tbsp rapeseed oil
- ☐ 3 tbsp desiccated coconut
- ☐ 4 tbsp breadcrumb fresh
- ☐ 4 chicken breasts skinless
- ☐ 1 eggs beaten
- ☐ 300 g cherry tomatoes

- ☐ 2 tbsp thai curry paste red
- ☐ 1 handful coriander leaves roughly chopped
- ☐ 4 servings lime wedges

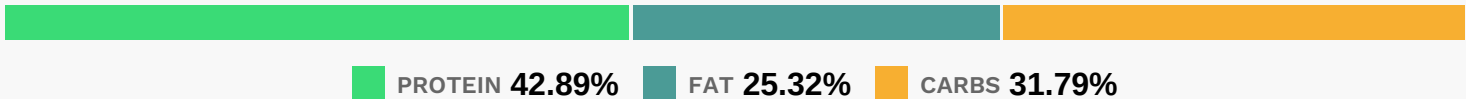
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a large, shallow roasting tin, toss the squash and aubergine in the oil, then season and spread out in a single layer. Roast for 30 mins, turning once.
- ☐ On a plate, mix the coconut and breadcrumbs with some seasoning. Dip the chicken breasts in the egg, then press in the crumbs to coat, shaking off any excess.
- ☐ Toss the tomatoes and curry paste in with the roasted veg and give everything a good stir. Nestle the chicken breasts in the veg and pop back in the oven for a further 25–30 mins until the chicken is cooked through, shaking the pan once or twice.
- ☐ Sprinkle over the coriander and serve with lime wedges to squeeze over.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:42.750434367553%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 504.21kcal (25.21%), Fat: 14.38g (22.12%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 31.53g (11.46%), Sugar: 11.53g (12.81%), Cholesterol: 185.56mg (61.85%), Sodium: 371.02mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.81g (109.62%), Vitamin A: 21700.77IU (434.02%), Vitamin B3: 27.67mg (138.36%), Selenium: 80.58µg (115.11%), Vitamin B6: 2.18mg (109.04%), Vitamin C: 62.95mg (76.31%), Phosphorus: 631.62mg (63.16%), Potassium: 1983.28mg (56.67%), Manganese: 0.96mg (47.96%), Vitamin B5: 4.65mg (46.51%), Magnesium: 154.6mg (38.65%), Fiber: 9.1g (36.42%), Vitamin B1: 0.51mg (33.87%), Vitamin E: 4.67mg (31.15%), Folate: 111.51µg (27.88%), Vitamin B2: 0.42mg (24.62%), Iron: 3.94mg (21.89%), Copper: 0.41mg (20.56%), Calcium: 156.79mg (15.68%), Zinc: 2.25mg (14.99%), Vitamin K: 14.93µg (14.22%), Vitamin B12: 0.58µg (9.75%), Vitamin D: 0.45µg (2.97%)