



Thai-style chicken & sweet potato parcels



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g creamed coconut (from a block)
- ☐ 2 tsp brown sugar soft
- ☐ 1 tsp fish sauce
- ☐ 2 tsp curry paste green
- ☐ 0.5 sweet potatoes and into peeled cut into small cubes
- ☐ 1 small bell pepper red deseeded cut into small cubes
- ☐ 1 chicken breast skinless
- ☐ 1 handful cilantro leaves

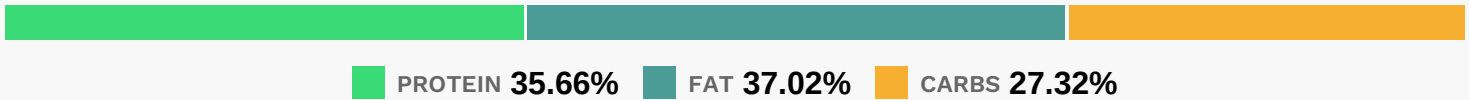
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Dissolve the creamed coconut with 3 tbsp boiling water and mix to a smooth paste. Stir in the sugar, fish sauce and curry paste.
- ☐ Place a large piece of baking parchment on a baking sheet. Arrange the sweet potato and pepper in the middle of the paper, clearing a space in the centre.
- ☐ Lay the chicken breast in the space and pour over the sauce. Fold over the top edges of the parchment to form a seal and scrunch up the ends like a sweet wrapper.
- ☐ Cook in the oven for 25–30 mins or until the chicken is cooked through and the vegetables are tender. Sit the parcel on a dinner plate or shallow bowl and carefully open.
- ☐ Sprinkle with coriander and squeeze over some lime juice, to taste.

Nutrition Facts



Properties

Glycemic Index:122, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:40.226956481519%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 583.9kcal (29.19%), Fat: 24.15g (37.16%), Saturated Fat: 16.97g (106.07%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 34.69g (12.61%), Sugar: 15g (16.67%), Cholesterol: 144.64mg (48.21%), Sodium: 811.33mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.36g (104.72%), Vitamin A: 20261.69IU (405.23%),

Vitamin B3: 25.27mg (126.34%), Vitamin C: 102.47mg (124.2%), Vitamin B6: 2.25mg (112.63%), Selenium: 73.73µg (105.33%), Phosphorus: 601.8mg (60.18%), Manganese: 1.14mg (56.96%), Vitamin B5: 4.6mg (46%), Potassium: 1557.53mg (44.5%), Magnesium: 131.01mg (32.75%), Vitamin B2: 0.39mg (23.12%), Copper: 0.46mg (23.05%), Fiber: 5.43g (21.7%), Vitamin B1: 0.29mg (19.43%), Vitamin K: 18.51µg (17.63%), Iron: 3.11mg (17.25%), Zinc: 2.38mg (15.86%), Folate: 63.36µg (15.84%), Vitamin E: 1.99mg (13.28%), Calcium: 81.45mg (8.15%), Vitamin B12: 0.48µg (8.01%), Vitamin D: 0.23µg (1.51%)