Easy Chicken Curry

Serves 6

INGREDIENTS

- 500g skinless chicken breast, cut into small pieces
- 2 medium onions, sliced/quartered
- ½ teaspoon chili powder
- ½ teaspoon turmeric powder
- 2 teaspoons curry powder
- 1 teaspoon ginger, chopped
- 2 cloves garlic, chopped
- 100g cabbage leaves, cut into small pieces
- 6 lady's fingers, cut into pieces
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon oil (with Healthier Choice Symbol)
- 200ml low fat coconut milk
- 1 cup water
- 5-6 curry leaves

METHOD

1. Heat large saucepan with oil, over medium heat. Saute onion for 1 minute.
2. Add chili powder, turmeric powder, curry powder, curry leaves, ginger and garlic. Stir-fry for 2 minutes.
3. Add chicken and fry for another 2 minutes.
4. Add water, low fat coconut milk and vegetables, and bring to a boil. Once boiled, cover the pan and reduce to low heat, simmer for 15-20 minutes or until chicken is cooked.
5. Season with pepper and salt.
6. Serve hot with brown rice or wholemeal bread.

NUTRITIONAL VALUE

(per serving, 198g)

Energy: 191kcals	Protein: 20.3g
Carbohydrates: 4.2g	Dietary Fibre: 1.1g
Fat: 9.7g	Sodium: 250.2mg
Saturated Fat: 5.3g	Cholesterol: 61mg

VARIATION

You can replace coconut milk with low fat milk or low fat evaporated milk. Feel free to use any vegetables that you prefer.

Brought to you by NUP Allied Health - Dietetic Services.

National University Polyclinics

简易咖喱鸡

份量: 6份

材料

- 500克去皮鸡胸肉，切小块
- 2个中型洋葱，切片/切小块
- ½茶匙辣椒粉
- ½茶匙黄姜粉
- 2茶匙咖喱粉
- 1茶匙姜，切碎
- 2瓣蒜头，切碎
- 100克包菜，切小片
- 6条羊角豆，切小片
- ¼茶匙盐
- ¼茶匙胡椒粉
- 1汤匙油（附有‘较健康选择标签’）
- 200毫升低脂椰浆
- 1杯水
- 5-6片咖喱叶

做法

1. 以中火烧热锅子，将洋葱炒1分钟。
2. 加入辣椒粉、黄姜粉、咖哩粉、咖喱叶、姜和蒜头，然后炒2分钟。
3. 加入鸡肉，再炒2分钟。
4. 加入水，低脂椰浆和蔬菜，煮至滚开。然后，盖上锅盖，调至小火，闷煮15-20分钟或直到鸡肉熟透。
5. 加入胡椒粉和盐调味。
6. 趁热与糙米饭或全麦面包一起食用。

营养分析

（每份，198克）

热量：191卡路里
碳水化合物：4.2克
总脂肪：9.7克
饱和脂肪：5.3克
蛋白质：20.3克
膳食纤维：1.1克
钠：250.2毫克
胆固醇：61毫克

如何变得更多样化

您可以用低脂牛奶或低脂淡奶来代替椰浆。您也可以随意加入您喜欢的蔬菜。