



Lemon Chicken Curry

Bursting with bright colours, this gentle introduction to Thai flavours is packed full of delicious chicken and fresh vegetables. It's a dish that is guaranteed to get tiny taste buds tingling with all the spices of exotic adventure.

Ingredients

Chicken breast, lean	500g
Carrots, raw	240g (4 medium)
Celery stalks, raw	80g (2 medium stalks)
Green beans, frozen or fresh	300g
Lemons	2 whole (4 Tbs juice, and zest)
Onion	90g (1 medium)
Garlic	3g (1 clove)
Ginger, fresh or dried	20g (2 Tbs)
Curry powder	18g (2 Tbs)
Basmati rice, dry	200g (1 C)
Cauliflower and broccoli, frozen or fresh	300g
Beef stock powder, reduced salt	8g (2 tsp)
Water	250mls (1 C)
Coriander, fresh	3g (2 Tbs)

Cooking Time:

45 minutes

Serves:

10 children

Allergen Information:

Contains: No common allergens

NB curry powders may contain wheat, gluten and soy

Food Groups:

Fruit	0%
Vege	140%
Meat/Alt *	100%
Cereals	70%
Dairy	0%
Fat	10%

* meat = lean meats, poultry and fish;

meat alternatives = eggs, tofu, nuts

Canola oil	5mls (1 tsp)
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Method

1. Prepare rice as per packet instructions.
2. Chop chicken, onions, carrots and celery into bite-sized pieces.
3. Heat oil in saucepan and brown chicken and onion.
4. Add the garlic, ginger, curry powder, lemon zest and juice of 2 lemons to the saucepan. Stir. Cook for 3 minutes.
5. Add all vegetables and stock powder and water to the saucepan. Cook until vegetables are soft.
6. Serve with rice, wedges of lemon and sprinkle with coriander.

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