



Recipe provided courtesy of Nestle.

THAI RED CHICKEN CURRY

Serves: 4

Preparation time: 10 minutes

Cooking time: 8 minutes

♥ Healthy&heartWise Wise Recipe

Ingredients

2 tsp oil
 300g chicken fillets, sliced
 1 tbsp Thai red curry paste
 3 cups mixed vegetables, cut into strips
 (zucchini, red capsicum, carrot, green beans)
 1 tbsp cornflour
 375mL can CARNATION Light & Creamy Evaporated Milk
 3 tbsp chopped coriander
 3 cups cooked brown rice

Method

1. Heat oil in pan, add chicken, cook 2 minutes, stir in curry paste, until combined.
2. Add vegetables and combined cornflour and CARNATION Light & Creamy Evaporated Milk.
3. Bring to boil stirring, simmer 1 minute.
4. Stir in coriander before serving.
5. Divide rice evenly between plates and top with curry to serve.

Nutrition information	Per serve
Energy (14% DI)	1176kj
Fat	8g
Saturated fat	2g
Carbohydrate	58g
Fibre	5g
Sodium	342mg