



## Malaysian chicken curry

### Ingredients: (Serves 4)

- 1 Tablespoon olive oil
- Thumb-sized piece ginger, grated or finely chopped
- ½ Bunch coriander roots and stems, cleaned and finely sliced (reserve leaves for serving)
- 3 Cloves garlic, finely sliced
- 1 Long red chilli, finely sliced
- ½ Teaspoon freshly ground white pepper
- 1 Stick lemongrass, bruised
- 2 Tablespoons fish sauce or tamari
- 1 Tablespoon brown sugar
- 2 Teaspoons turmeric
- 6 Kaffir lime leaves
- 3 Chicken thighs, cut into 2.5cm pieces
- 400ml Can low-fat coconut milk
- 1 Medium head broccoli
- Large handful green beans, topped and tailed
- 2 Cups quinoa cooked, to serve
- Lime wedges, to serve

### Method:

1. Heat the olive oil in a large frying pan over medium high heat. Add the ginger, coriander stems, garlic, chilli, white pepper and lemongrass. Cook, stirring, for 1-2 minutes or until fragrant.
2. Add the fish sauce and brown sugar, stir to dissolve, then add turmeric, kaffir lime leaves and chicken. Stir until chicken is well combined, then pour in coconut milk. Simmer gently until chicken for 1-2 minutes then add broccoli and beans. Cook for a further 2-3 minutes or until chicken is cooked. Add a little water if at any stage if the curry is lacking moisture.
3. Serve curry on quinoa, and top with fresh coriander leaves to serve.

### Nutrition Information (per serve):

Energy:	1932kj (461cal)			
Protein:	23.9g	Sodium:	446mg	
Fat:	30.0g	Sat Fat:	12.4g	
Carbohydrate:	21.2g	Sugar:	5.8g	Fibre: 6.9g