Thai Green Chicken Curry Recipe

Ingredients

- 1 tablespoon sunflower or vegetable oil
- 600 g Chicken Breasts, diced
- 4 tablespoons Thai green curry paste
- 4 drops Maggi Liquid Seasoning
- 2 teaspoons root ginger, finely grated
- 2 Cloves Garlic
- 75 g Maggi Coconut Milk Powder
- 200 g Baby Corn
- 200 g mange tout or sugar snap peas
- 200 g French beans
- 1 Medium courgette, sliced
- 0.5 bunch coriander leaves
- 8 wedges Lime
- 325 g Thai sticky or Basmati rice, cooked (optional)

Instructions

1. Heat the oil in a frying pan and brown the chicken.
2. Add the curry paste, ginger and garlic and fry until aromatic.
3. Mix the Maggi Coconut Milk Powder with 500ml boiling water and pour over the chicken. Cook for 10-15 minutes until the chicken is piping hot throughout. Add the vegetables and cook for 3 minutes or until tender.
4. Serve with the coriander, squeeze of lime and the sticky rice.

Nutrition

Carbohydrate	24.73 g
Energy	464.35 kcal
Fat	22.68 g
Fibre	4.31 g
Protein	40.69 g
of which: saturates	12.26 g
Sodium	325.11 mg
of which: sugars	10.09 g

30 Minutes

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