



Cook time: 15 mins

Serves: 4

Prep time: 15 mins

# Thai Green Curry Chicken

## Ingredients

- 2 tsp corn oil
- 150g green curry paste
- 200g chicken breast, skinless, cut into cubes
- 1 eggplant, diced
- 1 red capsicum, diced
- 2 carrots, diced
- 2 tbsp water
- 1 cup (250ml) low-fat milk
- 100ml water
- 4 kaffir lime leaves, sliced
- 1 tbsp sugar
- 12 slices of wholemeal bread

## Method

- Heat oil in a non-stick pan, add in the green curry paste and stir-fry for about 1 minute or until fragrant.
- Add in chicken and stir-fry for 3 minutes. Then add eggplant, red capsicum, carrots and lime leaves, and stir-fry until chicken is cooked.
- Add in low-fat milk and water, and bring to a boil. Simmer for 5-10 minutes until vegetables are tender.
- Serve with wholemeal bread.

## Nutrition Information (Per Serving):

Energy: 500kcal  
Protein: 30.6g  
Total fat: 13.5g  
Carbohydrates: 64.7g  
Dietary fibre: 10g