



**CHICKEN AND
BANANA CURRY**

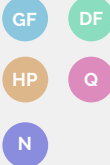
CHICKEN AND BANANA CURRY



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
309 kcal
14g Fats
11g Carbs
35g Protein



WHAT YOU NEED

- 1 banana, chopped
- 1 lb. (500g) chicken breast, chopped
- ¼ cup (30g) flaked almonds
- 1 tbsp. sesame oil
- 2 tbsp. curry madras
- 1 cup (250ml) reduced fat coconut milk
- scant ½ cup (100ml) water
- 2 cups (300g) mange tout

WHAT YOU NEED TO DO

Heat the oil in a large frying pan and fry the chicken with curry madras 3 minutes on medium heat.

Add in the coconut milk and water and simmer on low heat for 5 minutes.

Meanwhile, cook the beans in salted water until al dente (about 4-5 minutes).

Add the chopped banana to the chicken curry and cook for 1 minute. Season with pepper and salt.

Serve the curry sprinkled with flaked almonds alongside a portion of brown rice and mange tout.