COME ON

LET'S DO THIS

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions fruit & veg per serving
3

Chicken curry

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a healthy boost

Chicken curry

Sweet potato, carrots and chickpeas add colour and flavour to your chicken curry – and a `healthy boost` with an extra portion of veg in every serving!

Ingredients

- 1 tsp pure vegetable oil
- 2–3 tsp medium curry powder
- 1 large onion (160g), chopped
- 1 low salt chicken stock cube and 300 ml water
- 4 boneless, skinless chicken thighs (350g)
- 1 x 400g tin tomatoes
- 1 apple (90g), cored and chopped but not peeled
- 1 x 400 g tin chickpeas, drained
- 2 tbsp 0% fat yoghurt
- 10g coriander, roughly chopped (optional)
- *To serve:* basmati rice (not in nutritional analysis).

Healthy boost ingredients

- 2 carrots (160g), chopped
- 1 large sweet potato (160g), diced.

Method

1. Heat the oil in a non-stick pan. Add the onion and fry for 2–3 minutes until softened
2. Add the curry powder and continue to cook for 1 minute
3. Now add the stock, chicken, carrots, sweet potato and tomatoes, cover and simmer for 15 minutes
4. Add the apple and chickpeas and cook a further 10 minutes
5. Stir through the yogurt, garnish with coriander if using, and serve with basmati rice.

DIABETES UK

TESCO

British Heart Foundation

National Charity Partnership

Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
302	**6.1g**	**1.2g**	**13.3g**	**0.4g**
15%	9%	6%	15%	7%

%= an adult's reference intake

Brought to you by the National Charity Partnership – a partnership between Tesco and registered charities Diabetes UK and the British Heart Foundation.