



NUTRITION CONSULTING INC.

Thai Chicken Curry

Start with a cucumber salad and serve this curry over steamed rice for a flavorful balanced meal.

Makes 4 servings.

What you need:

- 2 tbsp red curry paste (or more if you like it spicier!)
- 1 tbsp vegetable oil
- 600 g boneless, skinless chicken breast, cut into thin stir-fry strips
- 1 large onion, diced
- 1 sweet red pepper, cut into thin strips
- 1 cup snow peas, cut in halves
- 1 cup light coconut milk
- 1 tbsp fish sauce
- 1 tbsp reduced-sodium soy sauce
- 1 tbsp fresh lemon juice
- 1/2 cup fresh cilantro, chopped (optional)

How you prepare:

1. Heat curry paste and oil in a large nonstick pan.
2. Add chicken and stir-fry until cooked. Add onion and cook until softened.
3. Add red pepper and snow peas and cook for about one minute.
4. Add coconut milk, fish sauce, soy sauce and lemon juice and heat until boiling. Cook for another few minutes until liquid is thickened slightly.
5. Serve over rice and garnish with cilantro.



Nutrition information per serving:

- 314 Calories
- 36 g Protein
- 10 g Carbohydrates
- 13 g Fat
- 1.6 g Fibre

It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com