



Chicken curry

10'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Method

Watch the video in sign language [here](#).

For the rice

- Place a **pot** with 2 cups of salted water and a tablespoon of curry powder over medium to high heat. Stir, cover the pot and simmer until the rice softens for about 10 minutes.

For the chicken

- **Cut** the chicken into small pieces. Put it in a bowl and add the curry, lime juice, lime zest and cornstarch. Mix to coat and set aside to allow it to marinate. (At this point you can refrigerate for up to 2 days.)
- Heat a non-stick **pan** or wok over high heat. Add some olive oil.
- Add the chicken and brown it on both sides. About 5 minutes.
- Add the cashews. **Mix** and add the soy sauce and water.
- Simmer until the sauce thickens. It should take about 5-7 minutes. Stir it with a spoon.
- Remove from heat and add the honey. Stir it in. Season to taste.
- **Serve** over rice.

Tip

No additional salt needs to be added!

Ingredients

For the rice

- 250 g basmati rice, boil-in-bag
- 1 level tablespoon(s) curry
- salt
- pepper

For the chicken

- 600 g chicken breast fillet, cut into small pieces
- 2 tablespoon(s) corn starch
- 2 tablespoon(s) curry, (depending on how spicy you like your food)
- lime juice, of 2-3 limes
- 120 g soy sauce, light
- 50 g cashews
- 300 g water
- 1-2 tablespoon(s) honey
- parsley, fresh, to serve

Διατροφικός πίνακας

Nutrition information per portion

557 Calories (kcal)	10.0 Total Fat (g)	1.9 Saturated Fat (g)	70.0 Total Carbs (g)
28%	14%	10%	27%
14.0 Sugars (g)	44.0 Protein (g)	3.1 Fibre (g)	4.4 Sodium (g)
16%	88%	12%	73%