

Simple Green Chicken Curry

Serves: **4**

Preparation time: **10 mins**

Cooking time: **25 mins**

Ingredients

1 tbsp sunflower oil
400g pack British Chicken Breast Chunks
1 shallot, thinly sliced
4cm piece root ginger, cut into matchsticks
350ml chicken stock
1 tbsp Thai Taste Green Curry Paste
2 tsp cornflour
280g fine green beans, trimmed and halved
300g Yeo Valley Natural Yogurt
Handful fresh coriander leaves
Steamed rice, to serve



Method

1 Heat the oil in large saucepan and cook the chicken pieces, shallot and ginger together for 5 minutes until golden. Add the stock and curry paste, bring to the boil then cover and simmer gently for 20 minutes.

2 Dissolve the cornflour in a little water and add to the pan with the beans. Cook for a further 3–4 minutes until the beans are tender and the chicken is cooked through with no pink meat. Stir in the yogurt and warm gently for 1–2 minutes or until heated through.

3 Divide between 4 shallow bowls and scatter with coriander leaves. Serve with steamed rice

Nutritional Info

Typical values per serving:

Energy	480kcal
Carbohydrate	61.5g
Sugars	7.0g
Fat	11.2g
Saturated Fat	1.6g
Salt	1.5g

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