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Creamy Chicken Korma with Rice



Ingredients:

- 200g (dry weight) basmati rice
- 3 x 150g skinless chicken breasts, sliced
- 1 red onion, chopped
- 2 garlic cloves, crushed
- 2-3 teaspoons curry powder
- 150ml vegetable stock
- 1 tablespoon plain flour
- 300ml semi skimmed milk
- 2 tablespoons low fat yoghurt
- 1 tablespoon chopped fresh coriander (garnish)
- Salad leaves to serve

1. Preheat a non-stick wok. Put the rice in a pan of boiling water to cook while you prepare the chicken.
2. Add the chicken to the hot wok and lightly brown on all sides.
3. Add the onion and garlic and stir in the curry powder, and cook until the onion is brown.
4. Add 2 tablespoons of the vegetable stock, then stir in the flour and cook for 1 minute before gradually stirring in the milk and the remaining stock. Simmer for 10 minutes, then remove from the heat and stir in the yoghurt. *NB: Do not stir in the yoghurt until the wok is off the heat as it will curdle if boiled.*
5. Drain the rice and arrange on the serving plate.
6. Sprinkle the coriander over the chicken and spoon onto the rice.
7. Serve with salad leaves

Serves 4. 415 calories per serving. 5.6 g fat per serving.

Preparation time: 10 minutes. Cooking time: 20 minutes.

Beat the recession and run your own weight loss challenge – Agents Needed!