

# Lemon Chicken Curry

Bursting with bright colours, this gentle introduction to Thai flavours is packed full of delicious chicken and fresh vegetables. It's a dish that is guaranteed to get tiny taste buds tingling with all the spices of exotic adventure.



Serves 10 children



45 minutes

## INGREDIENTS

Chicken breast, lean 500g

Carrots, raw 240g (4 medium)

Celery stalks, raw 80g (2 medium stalks)

Green beans, frozen or fresh 300g

Lemons 2 whole (4 Tbs juice, and zest)

Onion 90g (1 medium)

Garlic 3g (1 clove)

Ginger, fresh or dried 20g (2 Tbs)

Curry powder 18g (2 Tbs)

Basmati rice, dry 200g (1 C)

Cauliflower and broccoli, frozen or fresh 300g

Beef stock powder, reduced salt 8g (2 tsp)

Water 250mls (1 C)

Coriander, fresh 3g (2 Tbs)

Canola oil 5mls (1 tsp)

## DIRECTIONS

1. Prepare rice as per packet instructions.
2. Chop chicken, onions, carrots and celery into bite-sized pieces.
3. Heat oil in saucepan and brown chicken and onion.
4. Add the garlic, ginger, curry powder, lemon zest and juice of 2 lemons to the saucepan. Stir. Cook for 3 minutes.
5. Add all vegetables and stock powder and water to the saucepan. Cook until vegetables are soft.
6. Serve with rice, wedges of lemon and sprinkle with coriander.

# Allergy Information

Contains: No common allergens

NB curry powders may contain wheat, gluten and soy

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## Childcare RDI Calculator:

<b>Fat</b>	<div></div>	<b>10 %</b>
<b>Vegetables</b>	<div></div>	<b>140 %</b>
<b>Meat/Alt*</b>	<div></div>	<b>100 %</b>
<b>Cereals</b>	<div></div>	<b>70 %</b>
<b>Dairy</b>		<b>0 %</b>
<b>Fruit</b>		<b>0 %</b>

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services