

THAI CHICKEN CURRY WITH EGGPLANT AND GREEN BEANS

2 persons / 572 kcal per person

Ingredients:

- 130 grams of white rice
- ½ onion
- ½ eggplant
- 1 tablespoon of olive oil
- 180 grams of Thai chicken fillet cubes
- 50 grams of green curry mix
- 100 ml coconut milk
- 110 grams of very fine green beans (Bonduelle, drained)



Preparation:

Cook the rice according to the directions on the package. Meanwhile, coarsely chop the onion and cut the eggplant into cubes. Heat the oil in a frying pan and fry the onion for 1 minute. Add the chicken breast cubes and fry for 3-4 minutes. Add the eggplant and cook for another 3 minutes. Spoon through the green curry and coconut milk. Add the green beans and put the lid on the pan. Stew the curry on low heat for 7-8 minutes. Season with pepper and salt if desired. Spoon the rice into bowls and divide the chicken curry on top.

Nutritional value per person:

Energy:	572 kcal
Protein:	30.3 grams
Carbohydrates:	59.4 grams
- including sugars:	5.9 grams
Fat:	22.5 grams
Fiber:	4.2 grams
Salt:	1.2 grams