

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Japanese Chicken Curry

Ingredients

Serves 4

300g broccoli, cut into small florets
4 tbsp groundnut or vegetable oil
600g skinless chicken thigh fillets, skinned and cut into chunks
200g button mushrooms, quartered
8 spring onions, chopped
2 garlic cloves, crushed
Large thumb sized piece of fresh ginger, grated
2½ tbsp curry powder
2 tbsp miso paste (soybean paste) or sesame paste or tahini
600ml chicken stock
1 tbsp cornflour mixed with 4 tbsp cold water
Rice to serve

Method

Put the broccoli in a bowl, pour over boiling water to cover and leave for 5 minutes. Drain.

Meanwhile heat 2 tbsp oil in a non-stick frying pan and cook the chicken for 2-3 minutes or until golden. Scoop out with a slotted spoon. Add the button mushrooms and cook for 2-3 minutes or until golden then scoop out.

Add the spring onions, garlic, ginger and another 2 tbsp oil. Cook for 2-3 minutes, then return the chicken and mushrooms to the pan. Stir in the curry powder and cook for 1 minute.

Add the miso paste, stock and half the cornflour mix. Bring to the boil and cook over a medium heat for 15 minutes adding the broccoli for the last 5 minutes. If the sauce is too runny add the rest of the cornflour mix and bring to the boil to thicken.

Serve with rice.

Per portion

Kcals 350

Fat 17g

Carbs 6.3g

Protein 40.5g