

Syn Free Chinese Chicken Curry

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-chinese-recipe>

Ingredients:

- 3 1/2 ounces onions chopped
- 5 1/4 ounces zucchini courgette, chopped
- 5 1/4 ounces butternut squash chopped
- 1 clove garlic crushed
- 1 teaspoon ginger root grated
- 1 1/2 tablespoons curry powder I used hot or medium, depending on how hot you like it
- 1 tablespoon tomato paste
- 1 tablespoon soy sauce
- 1/4 teaspoon chinese five-spice powder Chinese
- 3 cups chicken stock
- cooking spray

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. Sodium: 520 milligrams
8. Sugar: 7 grams

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