

Thai Chicken And Lentil Curry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-and-lentils-indian-recipe>

Ingredients:

- 400 grams chicken cubed
- curry paste thai, made with the following ingredients and whizzed together in the food processor
- 1 stalk lemongrass
- 1 red chilli
- 3 cloves garlic
- 1 inch ginger
- tomato puree squirt, 1tbsp
- 1/2 teaspoon coriander
- 1 tablespoon soy sauce
- 1 can coconut milk
- mushrooms chopped
- green beans chopped
- long grain rice cooked
- 1 cup red lentils

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 65 milligrams
4. Fat: 27 grams
5. Fiber: 18 grams
6. Protein: 37 grams
7. SaturatedFat: 22 grams
8. Sodium: 320 milligrams
9. Sugar: 5 grams

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