

# Slimming World Chinese Chicken Curry

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/potato-carrot-recipe-chinese>

## Ingredients:

- cooking spray Low calorie, such as Fry Light
- 2 skinless chicken breasts large, 450g | 1 pound, sliced into strips
- 1 1/2 tablespoons bicarbonate of soda baking soda
- 2 onions large, sliced thinly
- 4 garlic cloves minced
- 1 tablespoon mild curry powder or more to taste
- 1 tablespoon sweetener such as Sukrin Gold, optional
- 2 teaspoons spice mix Chinese Five
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 2 star anise optional
- 2 tablespoons soy sauce or gluten free tamari
- 2 cups chicken stock use more if you want a lot of sauce
- 2 large carrots peeled and sliced
- 2 potatoes peeled and cubed
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- green beans Large handful fine, halved
- 1 handful sugar snap peas sliced, or use frozen peas
- 1 tablespoon cornflour cornstarch diluted in 1 tbsp water to thicken, 1 Syn optional
- 1 red chilli seeded and sliced thinly to garnish, optional
- Thai basil sliced thinly to garnish, optional

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 75 milligrams

4. Fat: 5 grams
  5. Fiber: 7 grams
  6. Protein: 33 grams
  7. SaturatedFat: 1 grams
  8. Sodium: 2270 milligrams
  9. Sugar: 14 grams
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