

Chicken Massaman Curry

Yield: 4 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-cracking-christmas-turkey-massaman-curry-recipe>

Ingredients:

- 4 chicken thighs approximately 0.9lb/450g
- 2 tablespoons lemon grass minced
- 2 garlic cloves crushed
- 2 tablespoons ginger fresh grated
- 2 tablespoons fish sauce
- 4 ounces Massaman curry paste 114g tin
- 1 cup chicken stock
- 14 ounces coconut milk 1 tin
- 15 ounces sweet potato diced, approximately 1 large or 2 small
- 1 carrot diced
- 2 teaspoons olive oil
- cilantro garnish when serving, optional
- naan to serve
- jasmine rice to serve

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 195 milligrams
4. Fat: 62 grams
5. Fiber: 6 grams
6. Protein: 47 grams
7. SaturatedFat: 30 grams
8. Sodium: 1110 milligrams
9. Sugar: 10 grams

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