

Thai Chicken Curry



2:1 ratio

- **Preparation time:** 10 - 15 minutes
- **Cooking time:** 15 - 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	50.7g	36.7g LCT	
		14g MCT	
Protein	21.5g		
Carbohydrate	2.3g		
Energy (calories)	552kcal		



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Ingredients	Quantity	Your recipe
Olive oil	20g	
Butter	10g	
Chicken breast, raw, diced	80g	
Creamed coconut, chopped e.g. Blue Dragon	9g	
Spring onions, chopped	20g	
Mushrooms, chopped	20g	
Garlic Purée, e.g. GIA	1g	
Thai 7 spice powder e.g. Schwartz	1g	
betaquik	70g	
Spinach	25g	

Method:

1. Heat olive oil and butter in a frying pan over a low heat. Add chicken and creamed coconut, cook for 5 minutes, stirring occasionally.
2. Add spring onion, mushrooms and garlic purée, cook for further for 1 minute.
3. Add Thai 7 Spice powder, stir through and simmer for a further 2 minutes.
4. Add **betaquik**, simmer and reduce for 5 minutes.
5. Add spinach and stir to coat with the sauce. Cook for a further 1 minute until the spinach has wilted and the chicken is cooked through.



Always check with your dietitian what is suitable for you

- For a vegetarian version use tofu in place of chicken.
- Serve with cauliflower rice (see recipe card).

Betaquik is a food for special medical purposes and must be used under medical supervision.
These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.