

Easy Thai Green Curry

Makes: 4 Servings

Ingredients

500g skinless chicken breasts cut in bite-sized pieces
½ medium onion diced
1 medium red or green pepper, chopped
300g fresh or frozen green beans
1 can of light coconut milk
2 tsp of Thai green curry paste
Salt and pepper to taste
1 tsp Xylitol
1 tsp Sesame oil or Coconut oil



Instructions

- 1) Heat the oil in a pan and add the diced onions, cook for 2 minutes.
- 2) Add the 2 teaspoons of green curry paste and cook for a further minute and then add the chicken.
- 3) After 5 minutes of cooking add the chopped pepper and green beans and stir until well mixed.
- 4) Add the coconut milk. Bring it to the boil, and simmer for 3 to 5 minutes.
(Note: this makes a fairly soupy curry. If you want it thicker, just add half the coconut milk)
- 5) Season with salt, pepper and teaspoon of Xylitol.

Nutrition information:

Each Serving:

Kcal	404 Kcal
Fat	27g
Net Carbs	8g
Protein	30g