



## SLOW COOKER MILD CHICKEN CURRY

This recipe is a real winner - a curry mild enough for even the fussiest of eaters, but with so much flavour! We've added peas and spinach to up the veg power, but you can throw in whatever tinned or frozen veg you have.

So simple to put together - no pre-prep required, just throw the ingredients into the slow cooker and leave it to do its thing. Perfect!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; crush garlic; use a tin opener safely.

**Equipment:** Slow cooker, chopping board, sharp knife, garlic press, measuring spoons, tin opener.

**Allergens\*:**

**Ingredients (serves 4):**

- 4 chicken breasts, cubed
- 400ml can of light (reduced fat) coconut milk
- 2 tbsp tomato puree
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 2 tbsp curry powder
- 1 tsp chilli powder
- 1 onion, chopped
- 4 garlic cloves, crushed
- 1 tsp ground ginger
- 1/2 tsp Chinese 5 spice powder
- 400g tin garden peas, drained
- 100g spinach leaves

**Method**

1. Place all of the ingredients, except the peas and spinach, into the slow cooker and stir.
2. Cook on high for 4 hours, adding the peas and spinach for the last five minutes to heat through.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



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### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Mild Chicken Curry..

**Chicken** is high in protein, and is a good source of B vitamins. Without the skin chicken breast meat is low in fat and calories; thighs and drumsticks are higher in fat and calories.

**Coconut milk** is high in fat, and in particular saturated fat which, in excess, is not good for our heart health. Reduced fat (light) options are available, but these will still contain saturated fats, so keep the portion size sensible.

**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



### Energy, sugar, fat and salt per serving

Per 236g serving

**ENERGY**  
1213kJ / 289kcal **14%**

**MED** **FAT**  
9.2g **13%**

**HIGH** **SATURATES**  
6.6g **33%**

**LOW** **SUGARS**  
5.3g **6%**

**LOW** **SALT**  
0.23g **4%**

% of an adult's reference intake

Typical values per 100g : Energy 514kJ / 122kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.