THE LIGHTER PLATE METHOD

Creamy Yellow Chicken Curry

Mild, golden and coconutty — the curry to reach for when you want comfort without heaviness.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**35 min**	**4**	**EASY**

Ingredients

- 600 g chicken breast (cut into chunks)
- 2 tbsp mild yellow curry paste
- 400 ml tin light coconut milk
- 1 onion (sliced)
- 2 potatoes (peeled and cubed)
- 100 g green beans (trimmed)
- 1 lime (juiced)
- 1 small handful fresh coriander

Method

1. Heat a little oil in a large pan and cook the onion for 4 minutes until soft.
2. Stir in the curry paste and cook for 1 minute until fragrant.
3. Add the chicken and cook for 3 minutes, turning to coat in the paste.
4. Pour in the coconut milk and add the potatoes. Simmer for 15 minutes, until the potatoes are tender.
5. Add the green beans and cook for a final 4 minutes. Finish with lime juice and scatter with coriander.

Tips & swaps

- Swap potatoes for sweet potato for a sweeter, faster-cooking version.
- Check the curry paste ingredients if strict gluten-free is needed — most are fine but brands vary.

Storage & reheating

Keeps in the fridge for 3 days or freezes for up to 3 months.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**32g**	**26g**	**16g**	**5g**

Estimated values, for guidance only.