THE LIGHTER PLATE METHOD

Simple Chicken Curry

An everyday curry built from storecupboard basics — mild, warming and genuinely quick.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 600 g chicken breast (cubed)
- 2 cloves garlic (crushed)
- 1 tbsp cider vinegar
- 1 tsp sea salt
- 1 onion (sliced into rings)
- 1.5 tbsp curry powder
- 1 lime (juiced)
- 1 tbsp olive oil

Method

1. Mix the garlic, vinegar and salt in a bowl, add the chicken and leave to marinate for 15 minutes if you have time.
2. Heat the oil in a pot and cook the onion until golden.
3. Add the marinated chicken and cook for 5 minutes, until sealed.
4. Stir in the curry powder and cook for 1 minute, then add a splash of water — just enough to spread the spice through the chicken.
5. Cover, lower the heat and simmer for 10 minutes, until the chicken is cooked through. Finish with lime juice.

Tips & swaps

- Serve with rice or a simple cauliflower rice for a lighter version.

Storage & reheating

Keeps in the fridge for 3 days or freezes well.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

280	34g	8g	12g	2g

Estimated values, for guidance only.