



HEALTHY BUTTER-LESS CHICKEN RECIPE



☰ Prep: 10 mins
 ⌚ Cook: 20 mins
 🍴 Serves: 6
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Ingredients

- ▲ 1 onion, finely diced
- ▲ 2 cloves garlic, finely diced
- ▲ 1 head broccoli, cut into florets
- ▲ 1 capsicum, chopped
- ▲ 500 g skinless chicken breast, chopped
- ▲ 2 tsp garam marsala
- ▲ 2 tsp reduced-salt vegetable stock powder
- ▲ 2 tbs no-added-salt tomato paste
- ▲ 1 tbs cornflour
- ▲ 375 g can low-fat evaporated milk
- ▲ 1 cup frozen peas
- ▲ 1 cup reduced-fat plain yoghurt

Method

1. Heat a large frypan and spray with oil. Cook onion and garlic for 2 minutes. Add chicken. Cook, stirring, for 5 minutes.
2. Add garam masala and stock powder, stir to combine for 1 minute. Add tomato paste and 1/2 cup water and stir through.
3. In a small bowl mix cornflour with evaporated milk, add to pan, stirring continuously until boiling. If sauce becomes too thick add water.
4. Add capsicum, broccoli and frozen peas, cook for 5 minutes. Stir through Greek yoghurt.

Recipe from Foodbank WA's *Food Sensations*® for Adults program, reproduced with permission www.foodbankwa.org.au/food-sensations-for-adults/



Recipe by Food Sensations



Ingredients



Serving Suggestion: Serve with rice and fresh coriander.

Nutrition Information

	per serving	per 100g
Energy	1215 kJ	369 kJ
Protein	38.3 g	11.6 g
Fat, total	5.2 g	1.6 g
— saturated	2.1 g	0.7 g
Carbohydrate	18.5 g	5.6 g
— sugars	15.8 g	4.8 g
Sodium	466 mg	142 mg
Fibre	7.4 g	2.2 g