

Adios™

A natural aid for slimming



CHICKEN AND VEGETABLE KORMA

Serves: 8

Calories per serving: 245

Ingredients

Low fat cooking spray

1 onion, sliced thinly

400 g jar of half fat korma curry sauce

4 medium boneless, skinless chicken breasts, diced

1 small cauliflower, divided into small florets

100g (3 ½ oz) frozen peas or petit pois



Method

- 1 Spray non-stick frying pan with the low fat cooking spray and lightly fry the onion.
- 2 Add the curry sauce, 200 ml (7 fl. oz) cold water, the diced chicken and cauliflower.
- 3 Bring to the boil, cover tightly and cook on a low heat for 20 minutes.
- 4 Add the petit pois or peas 5 minutes before the end of the cooking time.
- 5 When the curry has finished cooking, stir well and serve.

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: