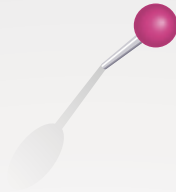


# Adios™

A natural aid for slimming



## COCONUT CHICKEN WITH THAI CURRY AND BASIL

Serves: 4

Calories per serving: 402

### Ingredients

- 1 tbsp yellow curry paste
- 340g light coconut milk
- 1 tbsp olive oil
- 4 chicken breasts, about 120g – 170g each, cut into strips
- 1 small onion, chopped
- 1 tbsp minced garlic
- 450ml chick stock
- 1 medium aubergine, peeled and chopped into 1" cubes
- Salt to taste
- Freshly ground black pepper
- 25g thinly sliced basil leaves



Thai green curry

### Method

- 1 Combine the curry paste and coconut milk in a small saucepan. Bring to a boil, stirring occasionally, then turn down the heat and simmer
- 2 Meanwhile, heat the oil in a large frying pan over medium-high heat. Add the chicken and brown, about 5 minutes. Lower the heat to medium, add the onion and cook until it turns translucent, about 5 minutes. Add the garlic and cook 1 minute more. Add chicken stock, by the tablespoonful, as needed to keep the mixture from sticking and burning
- 3 Add the aubergine and the remaining chicken stock. Simmer until the aubergine becomes tender, about 10 minutes
- 4 Stir in the basil and curry mixture. Adjust the salt and pepper.  
Serve with rice

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: