



GREEN CHICKEN CURRY

SERVES 4

Ingredients

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| 400g chicken breast fillets skin removed, thinly sliced | 1 red capsicum, deseeded and thinly sliced |
| 2 tbsp green curry paste (such as Ayam Thai Green Curry Paste) | 150g sugar snap peas, trimmed (or green beans) |
| 2/3 cup light coconut milk | 1 bunch Chinese broccoli (or broccolini), chopped |
| 2 medium zucchinis, sliced | 1-2 hot chillis finely chopped (optional) |
| | Steamed basmati rice, to serve |
| | Chopped coriander or other fresh herbs to serve |

Method

1. Drizzle olive oil in a wok or large frying pan and place on high heat.
2. Cook chicken, stirring, for about 5 minutes, or until starting to brown.
3. Add curry paste and cook for 1 minute.
4. Add coconut milk, 1 cup water and bring to the boil.
5. Reduce heat to medium and add zucchini and chili. Simmer, stirring occasionally, for 5 minutes or until zucchini softens and sauce reduces.
6. Stir in capsicum, peas and Chinese broccoli. Simmer for 3-4 minutes, or until tender.
7. Serve with basmati or brown rice and chopped coriander.



CLASSIC MEDITERRANEAN SALAD

SERVES 4

Ingredients

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| 1 punnet cherry tomatoes (250g) halved, or 4 chopped regular tomatoes | 2 tbsp roughly chopped flat-leaf parsley |
| 2 Lebanese cucumbers, diced | 1/3 cup pitted kalamata olives, halved |
| 400g can butter beans (reduced salt), rinsed and drained | 2 tbsp extra virgin olive oil |
| 1 red onion, thinly sliced | 1/2 lemon, juiced |
| 1 yellow or red capsicum, sliced | 1 tsp dried oregano |
| 2 tbsp roughly chopped mint | 75g reduced-fat feta, crumbled |
| | Pepper |

Method

1. Prepare ingredients.
2. Place the first 8 ingredients into a large bowl and toss to combine.
3. Mix olive oil, lemon juice and oregano in a bowl.
4. Add to salad, season with pepper and toss to coat.
5. Top salad with crumbled feta and serve.

