

Healthy chicken and vegetable curry with wholegrain basmati rice (serves 2)

You will need:

- 1 red pepper
- 4 plum tomatoes
- 1 courgette
- 1tbsp olive oil
- 1 chilli pepper
- 1 clove garlic
- 1 tin tomatoes
- Spices: 1 tsp curry powder, ½ tsp cumin, ½ tsp turmeric, ½ tsp garam masala
- 1 chicken fillet (140g)
- 80g puy lentils
- 250ml water
- 1tbsp low-fat natural yogurt
- 50g raw wholegrain basmati boiled or two tablespoons per person of cooked rice

How to make it:

Heat the oven to 180°C/350°F/Gas Mark 4

Chop the peppers, tomatoes and courgette into bite-size chunks and put onto a tray in the oven. Sprinkle with a small amount of curry powder and leave to cook for 40 minutes or until brown.

Heat a tablespoon of olive oil in a large wok or non-stick frying pan. Add the chillies, garlic, tinned tomatoes, cumin, turmeric and garam masala and allow the flavour to be released (this will take only a minute or two).

Add the chicken pieces and puy lentils and allow them to start cooking.

Add the water and allow to cook for 8-10 minutes.

Stir the yogurt into the sauce and allow it to simmer for a further 10 minutes.

Remove the vegetables from the oven and add to the curry.

Serve with wholegrain basmati rice

What does this give you?

- 1 portion of protein
- 2 portions of vegetables
- 1 portion of starchy foods

The stats (per serving): 473kcal, 1.8g saturated fat, 17.7g sugar, 13.7g fibre, 34g protein, 0.3g salt.

Preparation and cooking time: 45 minutes

Approx. cost per serving: less than £3

Allergens: contains milk