

ORIGINAL
PHILADELPHIA

Sweet Chilli Chicken Curry

A rich creamy curry full of flavour and
colour and ready in an instant!



By Lorraine
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Sweet Chilli Chicken Curry

Serves : 4 Prep Time : 15 mins Cooking Time: 25 mins

Ingredients

200g sweet potatoes peeled and cut into bite-sized chunks

100g frozen peas

1 tbsp sunflower oil

3 skinless chicken breasts cut in to bite-sized pieces

2-3 tbsp Thai red or green curry paste

170g carton Philadelphia Sweet Chilli cream cheese

200ml of water

Handful of spring onions finely chopped

Handful fresh coriander leaves

Basil (optional)

Nutritional Values:

Weight Per serving 290g:

Per serving: 303 Cals, 10g fat, 4g sat fat, 33g protein, 19g carbs, 9g sugars, 4g fibre, 0.7g salt.

Per 100g serving: 104 Cals, 3.4g fat, 1.4g sat fat, 11.3g protein, 6.5g carbs, 3.1g sugars, 1.4g fibre, 0.24g salt.

Method

Put the potatoes in a pan of boiling water and cook for 3 minutes. Then throw in the peas and cook for another 5 minutes or until both are tender but still holding their shape. Drain and set aside until needed.

Heat a wok or large frying pan over a high heat. Add the oil and swirl around the sides, then tip in the chicken, season and cook for 5-6 minutes. Add the green/red curry paste and cook stirring for 1 minute. Add the cream cheese and cook through until the chicken is done.

Tip in the sweet potatoes and the peas and allow them to warm through, stirring occasionally, adding 200ml of water to thin out the sauce. Then add the spring onion and serve. Garnish with the coriander and serve in bowls with fragrant rice.

