



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Creamy Thai chicken with brown rice

INGREDIENTS (1 serving)

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FREEZABLE

- 5g (0.2oz) coconut oil
- 65g (2.4oz) red bell pepper, thinly sliced
- 65g (2.4oz) red onion, thinly sliced
- 65g (2.4oz) mushrooms, chopped
- 50g (1.7oz) Thai green curry paste
- 120ml (4.1 fl. oz) coconut milk
- 1 stock cube
- 270g (9.6oz) chicken breast fillets, cut into thin strips
- 180g (6.3oz) spinach
- 120g (4.2oz) 0% fat Greek yogurt
- 175g (6.2oz) pre-cooked brown rice or 50g (2.1oz) uncooked brown rice
- small bunch of fresh cilantro, roughly chopped

This is a great meal to batch cook and freeze when prepping like a boss. If you're going to freeze this dish keep the yogurt separate and stir through after reheating. Don't feel afraid to swap the spinach out for your favorite green vegetables.

METHOD

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Melt the oil in a wok or a large frying pan over a medium to high heat. Throw in your peppers, onions and mushrooms, fry for 3 minutes stirring regularly until turning soft. Pour in your curry paste, coconut milk and bring to the boil.

Crumble in your stock cube and a good splash of boiling water to create a sauce.

Add your chicken to the sauce, bring to a simmer. Cook your chicken for 5 minutes, or until the chicken is cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally, wilt the spinach in the sauce and stir through the yogurt being careful not to boil.

Ping your rice in the microwave for 1-2 minutes or until piping hot. Pile the rice onto a plate and top with the curry and a sprinkle of fresh cilantro.