



Easy Chinese chicken curry Free Recipe 10042025

Description

Recipe

Easy Chinese chicken curry

A crowd-pleasing easy chicken curry, packed with Chinese flavours. The sauce is really easy using two popular spice blends: curry powder and five-spice. Serve over rice.

Each serving provides 487 kcal, 37g protein, 66g carbohydrates (of which 10.5g sugars), 7g fat (of which 1.5g saturates), 4.5g fibre and 2g salt.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 tbsp finely grated garlic 1 tbsp finely grated ginger 2 brown onions, thickly sliced 2 mixed peppers, thickly sliced 200g/7oz fresh pineapple chunks Tins, packets and jars 250g/9oz long grain or basmati rice 600ml/20fl oz chicken stock 225g tin sliced water chestnuts in water, drained (140g drained weight) Cooking ingredients 1 tbsp cornflour 3 tbsp mild curry powder 1 tsp Chinese five-spice powder 3 tbsp dark soy sauce 1 tbsp vegetable oil Meat, fish and poultry 500g/1lb 2oz skinless, boneless chicken thighs, cut into bite-sized pieces

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Tags

1. onions
2. grated ginger
3. chestnuts
4. rice
5. thighs
6. long grain
7. garlic
8. oil
9. long rice
10. chicken stock
11. skinless chicken thighs
12. basmati
13. cornflour
14. sauce
15. fresh pineapple chunks
16. chicken thighs
17. finely grated ginger
18. pineapple chunks
19. boneless chicken thighs
20. finely grated garlic
21. chunks
22. curry powder
23. grated garlic
24. mixed peppers
25. Dairy-free
26. flour
27. soy
28. mixed
29. Egg-free
30. ginger
31. brown
32. brown onions
33. Pregnancy-friendly
34. pineapple
35. spice powder
36. Easy Chinese chicken curry
37. five-spice powder
38. curry
39. chicken
40. vegetable
41. corn
42. vegetable oil
43. stock
44. tin sliced water chestnuts

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- 45. soy sauce
- 46. powder
- 47. sliced water chestnuts
- 48. peppers
- 49. basmati rice
- 50. water chestnuts

Date Created

April 3, 2025

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