

Nutritious & Delicious Hot Pot Recipes



Hot Rice Pots – Thai Green Chicken (450g)

Ingredients (serves 1)

100g Chicken breast (diced)
150g Brown basmati rice (pre-cooked - weight after cooking)
20g Spinach (washed)
25g Leeks (sliced)
20g Peas
25g Courgette (diced)
1 tsp Fish sauce
1 tsp Olive Oil
1 tsp Thai Green Curry Paste
100ml Coconut Milk
½ Lime (juiced)
Salt
Pepper

Method

1. Sauté the chicken in the olive oil till sealed.
2. Add the curry paste and cook for 1 minute.
3. Add coconut milk and boil for a few minutes.
4. Add the leeks and courgette and cook for a further 2 minutes.
5. Add the spinach, peas, fish sauce and lime.
6. Heat the rice and add to the pot.
7. Spoon over the remaining ingredients.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 480g Serving	% RNI	
Energy kJ	406	4%	1828	21%	
Energy kcal	69	4%	433	21%	
Fat	2.0g	3%	9.5g	13%	Low
Saturates	0.5g	2%	2.4g	12%	Low
Total Sugars	1.9g	1%	9.2g	10%	Low
Salt	0.40g	6%	1.8g	30%	Med
Protein	7.3g	-	34.9g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Fish