



CHICKEN CURRY

This Chicken Curry Recipe is one of my favourite recipes because it's chock-a-block full of healing spices, quality fats and protein. Paired with some leafy greens for some added nutrition and fibre, you've got a super balanced and nutritious meal to enjoy.

 15 minutes

 45 minutes

 5 portions

INGREDIENTS

- 2 tablespoons coconut oil
- 700 grams of chicken thigh
- 6 cloves of garlic
- 2 tablespoons of ginger
- 1 tablespoon of cumin
- 1 tablespoon of coriander
- 1 tablespoon allspice [gluten free if required]
- 1 teaspoon cardamom
- 1/2 teaspoon of chili powder [or more to taste]
- 1 tablespoon of tomato puree
- 1/2 can of chopped tomatoes
- 400ml of coconut cream

COOKING METHOD

- 1° Add coconut oil to a hot pan. Add the diced chicken in batches and cook until nearly cooked through. Set chicken aside.
- 2° Add the garlic and ginger to the leftover oil in the pan and stir until fragrant.
- 3° Add in the spices and stir until fragrant. Then add the tomato puree and mix until a thick paste forms.
- 4° Place the chicken back in the pan and coat in the spices.
- 5° Pour in the chopped tomatoes and coconut cream and stir to combine. Allow to simmer for 10 minutes.
- 6° Serve with basmati rice, chopped cucumber, leafy greens and [gluten free] papadams [not included in nutritional information].

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (287 g)	% DRI
ENERGY	239 kcal	686 kcal	34 %
PROTEIN	9 g	26 g	52 %
CARBOHYDRATE	18 g	52 g	20 %
SUGARS	15 g	44 g	49 %
FAT	15 g	43 g	61 %
FATTY ACIDS, TOTAL SATURATED	8 g	23 g	117 %
FIBER	1 g	3 g	10 %
SODIUM	86 mg	246 mg	10 %