



### CURRY CHICKEN

This Chicken Curry Recipe is one of our 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 fiber, you've got a super balanced and nutritious meal to enjoy.

🕒 15 minutes

🕒 45 minutes

🍴 5 portions

## INGREDIENTS

- 2 tbsps coconut oil
- 700 grams of chicken thigh
- 6 cloves of garlic
- 2 tbsps of ginger
- 1 tbsp of cumin
- 1 tbsp of coriander
- 1 tbsp allspice
- 1 tsp cardamom
- 1/2 tsp of chili powder {
- 1 tbsp of tomato paste
- 1/2 can of diced 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 paste and mix until a thick paste forms.
- 4° Place the chicken back in the pan and coat in the spices.
- 5° Pour in the diced tomatoes and coconut cream and stir to combine. Allow to simmer for 10 minutes.
- 6° Serve with basmati rice, chopped cucumber, leafy greens and papadams.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (287 g)	% DRI
ENERGY	239 kcal	687 kcal	34 %
FAT	15 g	43 g	65 %
FATTY ACIDS, TOTAL SATURATED	8 g	23 g	117 %
CHOLESTEROL	48 mg	137 mg	46 %
SODIUM	86 mg	246 mg	10 %
CARBOHYDRATE	18 g	52 g	17 %
SUGARS	15 g	44 g	—
FIBER	1 g	3 g	10 %
PROTEIN	9 g	26 g	—