



## MELLOW CHICKEN CURRY

🕒 10 minutes

🕒 8 hours and 10 minutes

🍴 6 portions

### INGREDIENTS

- 1kg of chicken thigh
- 2 sweet potato, chopped into chunks
- 1 tbsp of minced garlic
- 1 tsp of turmeric, ground (3 g)
- 2 tsps of ginger, ground (4 g)
- 1 cup of chicken stock (240 g)
- 1 Can of Coconut Cream (400 g)
- 1 tbsp of Rice Malt Syrup (10 g) **or** 1 tbsp of honey (21 g)
- 1 tbsp of lemongrass **or** 1 stick of lemongrass
- 1 tbsp of fish sauce
- 1 tbsp of corn flour
- 2 tsps of coriander (OPTIONAL)

### COOKING METHOD

- 1° In a small mixing jug whisk the curry powder, turmeric, ginger, coriander, chicken stock and corn flour. Make sure that you whisk out of all of the lumps from the corn flour.
- 2° Place all remaining ingredients in the slow cooker, pour over spice and stock mixture.
- 3° Cook on low for 8 hours or high for 4 hours.
- 4° Garnish with extra coriander if desired . Serve with plain rice, cauliflower rice and broccolini.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (327 g)	% DRI
ENERGY	157 kcal	516 kcal	26 %
FAT	9 g	31 g	47 %
FATTY ACIDS, TOTAL SATURATED	5 g	15 g	76 %
CHOLESTEROL	66 mg	215 mg	72 %
SODIUM	274 mg	897 mg	37 %
CARBOHYDRATE	5 g	18 g	6 %
SUGARS	2 g	5 g	—
FIBER	1 g	2 g	7 %
PROTEIN	13 g	43 g	—