

**LENTIL BUTTER CHICKEN**

🕒 10 minutes

🕒 45 minutes

🍴 4 portions

**INGREDIENTS**

- 1 tsp of olive oil, (5 g)
- 1 large onion, finely chopped(150 g)
- 500 grams of chicken breast, diced
- 2 tablespoons of tandoori Curry Paste (42 g)
- 1 cup of chicken stock (240 g)
- 1 Can of Diced Tomatoes (400 g)
- 1/2 cup of red Lentils, (96 g)
- 3 tablespoons of Light Sour Cream(36 g)
- 1/2 cup of coriander leaves, (8 g)

**COOKING METHOD**

- 1° Pour Oil in pan and heat over medium/ low heat. Add onion and cook, stirring often for 5 minutes or until soft.
- 2° Increase heat to medium/ high and add chicken. Cook, turning occasionally for 4 minutes or until golden. Add curry paste and cook, stirring for 1 minute.
- 3° Add stock, tomatoes and lentils. Bring to the boil. reduce heat to low and simmer for 20-25 minutes or until lentils are tender. Stir regularly and more often towards the end of cooking. Stir in cream and cook for 1 minute or until heated through.
- 4° Divide curry between dishes and top with coriander.

**NUTRITIONAL INFORMATION**

|                              | PER 100 g | PER PORTION (369 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 94 kcal   | 346 kcal            | 17 %  |
| FAT                          | 2 g       | 8 g                 | 13 %  |
| FATTY ACIDS, TOTAL SATURATED | 1 g       | 2 g                 | 9 %   |
| CHOLESTEROL                  | 26 mg     | 96 mg               | 32 %  |
| SODIUM                       | 81 mg     | 297 mg              | 12 %  |
| CARBOHYDRATE                 | 7 g       | 27 g                | 9 %   |
| SUGARS                       | 1 g       | 3 g                 | —     |
| FIBER                        | 1 g       | 3 g                 | 13 %  |
| PROTEIN                      | 10 g      | 38 g                | —     |