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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

1º Add coconut oil to a hot pan. Add the diced chicken in batches and cook until nearly cooked through. Set chicken aside.
2º Add the garlic and ginger to the leftover oil in the pan and stir until fragrant.
3º Add in the spices and stir until fragrant. Then add the tomato paste and mix until a thick paste forms.
4º Place the chicken back in the ban and coat in the spices.
5º Pour in the diced tomatoes and coconut cream and stir to combine. Allow to simmer for 10 minutes.
6º Serve with basmanti 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	–