

**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 | — |