

**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	—