

Chicken Curry

Calories: 219 kcal

Servings: 4

Time: 1 Hours

Ingredients

- 1.00 bunch Baby Bok Choy
- 360.00 g Chicken Breast
- 2.00 tsp Chili Powder
- 400.00 ml Coconut Cream
- 2.00 tsp Coriander (root and stem, finely chopped)
- 2.00 tbsp Extra Virgin Olive Oil
- 2.00 tsp Garam Masala
- 2.00 clove Garlic (crushed)
- 2.00 tsp Ginger (fresh, grated)
- 30.00 g Spring Onion (sliced)
- 2.00 tsp Turmeric Powder
- 2.00 whole Ultra Lite Chicken Sachet (Or Chicken Stock Cube)
- 1.00 cup Water (warm)

Instructions

1. Cut chicken into 2cm cubes. Toss the chicken with 1 tsp of garam masala, 1 tsp turmeric and 1 tsp chili powder. Season with salt and spread to marinate for 15mins.
2. Combine the spring onion, garlic, coriander root and stem, ginger, 1 tsp garam masala, 1 tsp turmeric and 1 tsp chilli powder in a small bowl.
3. Place a medium pot on medium high heat and once hot add half the oil and brown the chicken then remove to a bowl. Then add the rest of the oil and Cook the spice mix for 3 minutes, or until fragrant. Add the coconut cream and chicken sachet mixed with warm water (or stock) and bring up to simmer.
4. Simmer for 15 minutes, add the chicken and then simmer for a further 5 minutes.
5. Separate the leaves of bok choy and wash well. Add to the curry and simmer for 1 minute.
6. Serve over cauliflower rice.
7. Cauliflower Rice:
8. Stir-fry riced cauliflower with garlic for 5 minutes on medium-high heat, season with salt and pepper.
9. Divide into 4 servings.