

Home Made Spicy Chicken Curry

Serves: 4

Total Cals per serving: 335 or 475 (with rice)

Ingredients:

- 4 Chicken Fillets diced into 2cm cubes
 - Coconut Oil (12ml)
 - Onion 1
 - 4 Large Tomatoes, Chopped
 - 2 Peppers (optional)
 - 200ml/ ½ tin coconut milk (full fat)
 - 180g Greek Yoghurt
 - 2tsp of ginger (chopped finely)
 - 2tsp of ground cumin
 - 2tsp chilli flakes
 - 1tsp turmeric
 - 1tsp mustard seeds
 - 1tsp fennel seeds
 - Fresh Coriander to garnish
- **optional extra:** 100g (cooked weight) basmati rice per person. Ideally only add the rice if you are having this as a post workout meal and need the extra carbohydrates.



Cooking Method:

- 1) Add the coconut oil to a large sauce pan over medium heat. Add onion and cook until lightly browned.
- 2) Then add ginger, cumin, fennel, mustard, chili, and turmeric. Cook spices till they begin to pop. About 2 mins
- 3) Add the tomatoes, coconut milk and Greek yoghurt and bring to simmer.
- 4) Add the diced chicken and cook for between 10 -15 mins or until chicken is cooked through
- 5) Season with sea salt and serve with lime wedges and rice (again optional)

Tip: For a more intense flavour, cover the pot and allow the curry to simmer on a very low heat for up to an hour (or more if you have time!)

If you are really prepared you can leave the cooked curry overnight and have the following day. All the spices will have marinated into the chicken making a delicious curry even better!

Enjoy!