

COCONUT & LIME CHICKEN CURRY

INGREDIENTS

3 CHICKEN BREAST CUT INTO CHUNKS
1 ONION
5 GARLIC CLOVES, CHOPPED
2.4CM FRESH GINGER GRATED
400ML TIN OF REDUCED FAT COCONUT MILK
1TSP ONION SALT
1TSP GROUND CORRIANDER

ZEST & JUICE OF ONE LIME
2 BAY LEAVES
1 TBSP CORNFLOUR, MIXED WITH 1TBSP WATER TO MAKE A PASTE
1 RED CHILLI, SLICED
HANDFUL OF FRESH BASIL
SALT & PEPPER

HOW TO MAKE

BEST MADE IN A SLOW COOKER

PUT EVERYTHING IN EXCEPT FOR THE FRESH BASIL, STIR AND SEASON TO TASTE
COOK ON HIGH FOR 3 HOURS, ADD THE BASIL AND COOK FOR ANOTHER 10 MINS

SERVE WITH BROCCOLI AND 100G RICE

SERVINGS 4

NUTRITIONAL INFO
CALORIES 386 KCAL