

ROAST GINGER & COCONUT CHICKEN WITH SOY ROASTIES

1 RED CHILLI

1 GARLIC CLOVE

150G SPRING GREENS

2 CARROTS

15ML SOY SAUCE

15ML WORCESTERSHIRE SAUCE

1/2 TEASPOON OF GROUND TURMERIC

15G GINGER ROOT

15ML RICE VINEGAR

3 WHITE POTATOES

25G SOLID CREAMED COCONUT

2 CHICKEN BREASTS

1 CUBE CHICKEN STOCK

HEAT THE OVEN TO 200 DEGREES

CUT THE POTATOES INTO BITE SIZED PIECES, ADD TO A ROASTING TIN LINED WITH TIN FOIL
DRIZZLE WITH SOY SAUCE, RICE VINEGAR, A GENEROUS DRIZZLE OF OIL AND A PINCH OF SALT

TOP AND TAIL THE CARROTS AND PEEL THEM, CUTTING THEM INTO BATONS

PEEL AND FINELY CHOP OR GRATE THE GINGER

SLICE THE CHILLI IN HALF LENGTHWAYS

HEAT A LARGE NON STICK PAN AND A DRIZZLE OF OIL AND BROWN THE CHICKEN ON BOTH SIDES

CHOP THE CREAMED COCONUT, AND DISSOLVE IN 300ML OF WATER AND ADD THE CHICKEN STOCK, WORCESTERSHIRE
SAUCE AND GROUND TURMERIC. THIS IS YOUR COCONUT STOCK.

ADD THE CARROT BATONS TO THE TRAY WITH THE POTATOES AND ROAST FOR 20 MINS, OR UNTIL CARROTS SOFT AND
POTATOES CRISPY

REMOVE THE CHICKEN FROM THE PAN, USING THE SAME PAN SOFTEN THE GARLIC, GINGER AND CHILLI. ONCE SOFTENED
ADD THE COCONUT STOCK AND LET IT COME TO A SIMMER, ADD BACK THE CHICKEN AND COOK FOR 15 MINS, OR UNTIL
THE CHICKEN IS COOKED THROUGH - NO PINK BITS.

TEAR THE SPRING GREENS AND ADD TO THE PAN AND COOK UNTIL WILTED.

TIME TO PLATE UP!

SLICE THE CHICKEN, ADD HALF THE POTATOES, CARROTS AND GREENS. SPOON THE SAUCE ALL OVER!.

enjoy

SERVINGS 2

NUTRITIONAL INFO

CALORIES 400 CAL | FAT 12G | CARBS 48G | PROTEIN 39G