

Creamy Chicken Curry

Makes a single portion

- 2 teaspoons coconut oil
- 75g chopped onion
- 1 garlic clove crushed
- ½ teaspoon turmeric
- ½ small red chilli deseeded and finely chopped
- 1 teaspoon medium curry powder
- 125ml coconut milk
- 1 chicken breast cut into strips
- Salt and pepper
- 1 tablespoon of chopped coriander to garnish



Heat the coconut oil in a pan, add the onion and cook until soft. Add the garlic, turmeric, chilli and curry powder and stir over a medium heat for a minute and add the chicken after another 2 minutes add the coconut milk, simmer for 10 mins.
Garnish with the chopped coriander.

Approximate nutrition information per portion: 2.5g fat, 14g carbs, 29g protein