

HEALTHY COOKING

CREAMY INDIAN CHICKEN



SERVES 2

INGREDIENTS

- ▶ 250g chicken breast, skin removed, cut into cubes
- ▶ 1 Tbs coconut oil
- ▶ 1 capsicum (150g), diced
- ▶ 4 cloves garlic, crushed
- ▶ ½ cup (125ml) chicken stock
- ▶ 1½ tsp cumin
- ▶ 1½ tsp turmeric
- ▶ Fresh chilli to taste
- ▶ 30g (4Tbs) of light sour cream
- ▶ Fresh coriander
- ▶ 2 cups cauliflower rice substitute (find this recipe on our website)

Sauté the chicken in the coconut oil until browned. Add cumin, turmeric, garlic and chilli, sauté for 2 minutes. Add chicken stock, reduce the heat and simmer for about 8 minutes. Add in the capsicum and the sour cream at the end, cooking only until mixed well and heated through. Served on top of cauliflower rice substitute and garnish with fresh coriander.

Each serving:

Protein: 28g | Carbohydrate: 11.7 | Oil: 7.5ml

Tip: Make extra for lunch the next day - or to freeze for a quick, healthy “frozen dinner” when you’re tight on time.