

HEALTHY COOKING

▶ RENDANG AYAM



Blend all paste ingredients together with a few tablespoons of water until a fine paste is achieved.

Heat oil in a heavy pan, add in blended paste, sauté till fragrant. Add in chilli paste, continue stir fry for 15 minutes. Add in chicken, tamarind peel, turmeric leaf, kaffir lime leaf and bruised lemon grass, stir to mix well, cook for 5 minutes. Add in water, continue to simmer for 20-25 minutes, stir from time to time. Season with salt, mix in coconut milk, continue to cook for another 5 minutes.

Serve hot cauliflower rice (find this recipe on our website).

Each serving:

Protein: 31.0g | Carbohydrate: 4.1g | Butter/Oil: 3.75ml

SERVES 4

INGREDIENTS

- ▶ 600g chicken cut into pieces
- For paste**
- ▶ 3 cloves garlic, crushed
- ▶ 3 shallots
- ▶ 1 onion
- ▶ 1.5cm piece of ginger
- ▶ 1.5cm piece of galangal
- ▶ 1 lemongrass root, diced
- ▶ 3 buah keras (candlenuts)
- ▶ 1.5cm fresh turmeric
- ▶ 1 Tbs chilli paste (check it is low sugar – or use our Sambal olek recipe on our website)
- ▶ ½ asam keping (tamarind peel)
- ▶ 100ml coconut cream
- ▶ 125ml water
- ▶ 1 turmeric leaf, finely shredded
- ▶ 2 kaffir lime leaves, torn
- ▶ 2 lemongrass roots, bruised
- ▶ 1 Tbs coconut oil
- ▶ Pinch of salt

NEW IMAGE