



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 20 mins

Serves: 2-3

CHICKEN AND ASPARAGUS CURRY



INGREDIENTS

- 2 chicken breasts or thighs cut into thin, bite size strips.
- 1 large red capsicum, cut into thin strips
- 1 bunch asparagus, cut into 2cm pieces
- 1/2 cup coriander, finely chopped
- 3 tbsp coconut oil
- 1 tsp tumeric
- 1 tsp smoked paprika
- 1/2 tsp salt (or to taste)
- 1/2 tsp chilli flakes (or to taste)
- 1 x 400ml can coconut milk
- 2 tbsp coconut flour

METHOD

- Heat oil in deep pan on stove top.
- Add tumeric, chilli, smoked paprika and salt and stir.
- Add chicken and stir while browning, about 6-8 minutes.
- Add capsicum and cook, stirring for 5 minutes.
- Add asparagus and cook further 2 minutes
- Combine coconut milk with coconut flour and mix well, then pour into chicken and asparagus and stir until boiling. Cook 5 minutes.
- Serve in bowl with coriander sprinkled on top.
- Goes well with [cauliflower rice](#) or [zucchini pasta](#).