



### **ALLERGIES:**

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

**Prep time:** 15 mins

**Cook time:** 10 mins

**Serves:** 4

## **COCONUT CHICKEN SOUP WITH CURRY**



### **INGREDIENTS**

- 2 tbsp coconut oil
- 4 spring onions
- 2 cloves garlic, crushed
- 1 tbsp curry powder
- 1 cup chicken stock
- 1 can diced tomatoes
- 1 can water
- 2 steamed chicken breasts, or thighs, shredded
- 1 can (400mls) coconut milk
- juice of 1 lime
- 1/2 cup coriander, finely chopped
- 1 tsp salt
- 1/2 tsp pepper

### **METHOD**

- Heat coconut oil in saucepan, and then add curry, onions and garlic.
- Cook 10 minutes while stirring, until soft.
- Add the rest of the ingredients, and bring to the boil.
- Simmer for 10 minutes.
- Serve hot.