



CREAMY CHICKEN TOMATO CURRY

ALLERGIES:

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

Prep time: 20 mins

Cook time: 1 hour

Serves: 6



INGREDIENTS

- 4 tbsp coconut oil
- 2kgs chicken drumsticks
- 4 spring onions, chopped
- 4 cloves garlic
- 4 small green chillies, chopped
- 4 curry leaves
- 2 tbsp ginger, fresh grated
- Juice of 1/2 lime
- 2 tbsp ground coriander
- 1 tbsp ground cumin
- 2 tsp ground tumeric
- 1 tbsp honey or dextrose
- 1 tbsp black mustard seeds
- 1 can (440g) diced tomatoes
- 1 can (400mls) coconut milk
- Fresh coriander to garnish (chopped)
- 1 1/2 tsp salt

METHOD•

- Heat coconut oil in a saucepan, add chicken and cook until browned on all sides, approximately 10 minutes, or alternately roast briefly in a hot oven.
- Remove the chicken, and add onion and garlic to the juices. Fry 3 minutes.
- Add ginger, chillies, curry leaves, coriander, cumin, tumeric, mustard seeds, honey and salt and cook for 3 minutes, stirring.
- Stir in tomatoes, lime juice and coconut milk and return the chicken to the pot. Bring to the boil, and simmer for 45 minutes, or until the chicken is tender.
- Alternatively place into slow cooker and cook for 6 hours on Low.
- Serve with **cauliflower rice**.