



MINCED CHICKEN WITH CURRY AND BASIL

ALLERGIES:

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

Prep time: 15 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 2 tbsp coconut oil
- 750g chicken mince
- 5cm piece of fresh ginger, grated
- 1-2 tbsp green curry paste (gluten free)
- 2 tbsp chopped Thai basil leaves
- 1 large zucchini, diced
- 1 cheek red capsicum, diced
- salt and pepper to taste

METHOD

- Heat oil in frying pan to medium high and add chicken.
- Break up chicken, while frying and stirring constantly for 5 minutes.
- Add ginger, curry paste, salt and pepper and stir in.
- Add vegetables, stir and cover simmering for 15 minutes, stirring occasionally.
- Serve hot with vegetables, [creamy mashed cauliflower](#), [cauliflower rice](#), or on its own.