



CHICKEN MASALA

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 10 mins

Cook time: 60 mins

Serves: 4



INGREDIENTS

- ¼ cup coconut oil
- ¼ cup almond meal
- 1 tbsp grated ginger
- 1 clove garlic, crushed
- 1 tbsp tumeric powder
- 1 tbsp sweet paprika
- 1 tsp ground coriander
- ½ tsp pink salt
- 1 tbsp dextrose powder
- 1 tsp cumin ground
- ½ tsp chilli powder
- 1 tsp garam masala
- 1 cup natural coconut yoghurt
- 750g chicken thighs fillets, cut into bite size pieces
- ½ cup fresh chopped coriander, loosely packed

METHOD

- Heat oil in large saucepan to medium high heat.
- Add almond meal, ginger, garlic and all spices and stir fry for 1 minute.
- Add chicken pieces and stir to coat in mixture, then cook, stirring for 10 minutes.
- Stir in the yoghurt and cover the pot, simmering gently for 45 minutes, stirring occasionally, until chicken is tender.
- Stir in coriander leaves, or sprinkle over served dish to garnish.
- Serve with extra coconut yoghurt if desired.