



CHICKEN AND SPINACH IN MUSTARD SAUCE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 10 mins

Serves: 2



INGREDIENTS

- 2 tbsp coconut oil
- 2 chicken breasts, cut to 1cm slices
- 1 tsp ground tumeric
- 1 tsp garlic, crushed
- 1 large red onion, diced
- 2 tbsp organic wholegrain mustard
- 175g tub natural coconut yoghurt
- 1 large handful baby spinach leaves

METHOD

- Heat oil in frying pan to medium high.
- Add garlic, tumeric, salt and onion and fry 8 minutes while stirring.
- Add chicken and cook, turning to brown both sides, about 8 minutes.
- Add mustard and yoghurt and stir to combine, then simmer 3 minutes.
- Add spinach and toss through to wilt for 1 minute.
- Serve alone or with vegetables of choice, *cauliflower rice* or *creamy mashed cauliflower*.