



CHICKEN CURRY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 35 mins

Serves: 2



INGREDIENTS

- 2 tbsp coconut oil
- 2 chicken breasts, diced into bite size pieces
- 1 red onion, roughly chopped
- 1 medium zucchini, quartered lengthwise, then cut into 1cm slices
- 2 medium potatoes, peeled and cut into 1cm pieces
- 1 tsp garlic, crushed
- ½ tsp paprika
- ½ - 1 tbsp curry
- 1 tsp pink rock salt
- ½ can coconut milk
- ½ cup crushed tomatoes
- coriander to garnish

METHOD

- Heat oil in saucepan to medium high.
- Add garlic, paprika, curry, salt and onion and fry 1 minute.
- Add chicken and fry for 5 minutes while stirring.
- Add zucchini and potatoes and stir, cook 10 minutes.
- Add coconut milk, stir and simmer for 15 minutes.
- Add tomatoes and cook a further 5 minutes.
- Serve hot, topped with chopped coriander.