



CHICKEN KEEMA CURRY

ALLERGIES:

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

Prep time: 10 mins

Cook time: 45 mins

Serves: 6

INGREDIENTS

- 1 kg chicken mince
- 1/4 cup coconut oil
- 2 bay leaves
- 6 whole cloves
- 6 black peppercorns
- 1/2 tsp ground cinnamon
- 2 tbsp crushed garlic
- 1 tbsp grated ginger
- 2 large brown onions, diced
- 2 green chillies, chopped, seeds optional
- 2 tsp pink rock salt
- 1 tbsp garam masala powder
- 1 tbsp coriander powder
- 1 tsp cumin powder
- 1 tsp red chilli powder
- 1 tsp black pepper, ground
- 1/4-1/2 cup plain coconut yoghurt
- 1 cup frozen peas
- 1 1/2 cup coriander leaves, chopped



METHOD

- Heat oil in a large frying pan or saucepan on medium.
- Add bay leaves, cloves, peppercorns, and cinnamon and fry for 2 minutes.
- Add garlic, ginger, onions, chillies and salt and fry stirring for 10 minutes.
- Add garam masala, coriander powder, cumin, chilli powder, pepper and 2 tbsp water and fry until lightly cooked.
- Add chicken mince and yoghurt and peas, and mix well.
- Cook uncovered for 25 minutes on medium.
- Stir through coriander and serve hot with cauliflower rice.