



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 45 mins

Serves: 6

INGREDIENTS

- 1 kg chicken thighs,
- 1/2 medium pumpkin, cut 2cm pieces
- 2 tbsp coconut oil
- 1 large onion, roughly chopped
- 1 tbsp crushed garlic
- 1 1/2 tbsp grated ginger
- 1 long green chilli, thinly sliced
- 3 bay leaves
- 1/2-1 tbsp red curry powder
- 1 tsp allspice
- 1 cup chopped green beans
- 2 chicken stockcubes
- 400 ml can coconut milk
- 400 mls water
- 1 tbsp thyme
- Juice of 1 lime

METHOD

- Heat oven to 190°C.
- Place pumpkin onto lined baking dish and bake until brown, (about 30 minutes).
- Heat the oil in a large pan and add the onion, garlic, ginger, chilli and bay leaves, curry powder and allspice, and stir until aromatic.
- Add the diced chicken, and stir to coat in spices.
- Cook stirring until the chicken has browned on most sides.
- Add beans, stock cubes, coconut milk, water and thyme, and simmer until chicken is cooked through.
- Stir in roasted pumpkin and lime juice.
- Serve with cauliflower rice, Konjac rice or mashed potato.

CHICKEN AND PUMPKIN CURRY

