



ALLERGIES:

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

Prep time: 15 mins

Cook time 30 mins

Serves: 4

INGREDIENTS

- 2 tbsp olive oil
- 3 tsp crushed garlic
- 2 tsp crushed ginger
- 3 carrots, shredded
- 1 can (400mls) coconut milk/cream
- 500 mls vegetable stock
- 1 chicken stock cube
- 1/4 cup Tamari sauce
- 3 tbsp fish sauce
- 1/4 cabbage, thinly sliced (red or green)
- 1 tbsp Thai chilli paste
- 1 tbsp sesame oil
- 1/2 cup spring onions, thinly sliced
- 1/2 cup coriander, chopped
- Juice of 1 small lime/lemon
- 1/2 cooked chicken, meat only, shredded

METHOD

- In a medium saucepan heat oil and cook garlic and ginger while stirring.
- Add the carrots, coconut milk/cream, vegetable stock and stock cube.
- Bring to the boil and simmer for 10 minutes.
- Add the Tamari sauce, fish sauce, cabbage, chilli paste, sesame oil, spring onions, coriander lime juice and simmer for 20 minutes.
- Add chicken, and bring to the boil and remove from heat.
- Serve alone or on cauliflower rice or mashed potato.

THAI CHICKEN STEW

