



ALLERGIES:

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

Prep time: 15 mins

Cook time: 15 mins PLUS 4 hrs cooker

Serves: 2

INGREDIENTS

- 2 large chicken breast fillets
- 6 cardamon pods
- 2 tbsp olive oil
- 1 large onion, sliced
- 1 tsp crushed garlic
- 1 tsp grated ginger
- 1/2 tsp black pepper
- 1 tbsp Tikka Masala paste
- 125mls water
- 1 chicken stock cube
- 1 tsp honey
- 1 medium tomato, chopped
- Coriander for garnish
- Coconut yoghurt, natural for serving

METHOD

- Crush the cardamon pods and remove the seeds.
- Press half the seeds into the chicken fillets and refrigerate for 30 minutes.
- Heat the oil in a heavy based pan, add the chicken and brown both sides, remove to the slow cooker dish.
- Add the onions and garlic to the pan and cook 5 minutes, add remaining cardamon seeds, ginger, pepper and curry paste and cook stirring for 5 minutes.
- Stir in water, stock cube, honey and tomato and bring to the boil.
- Pour over the chicken, cover and cook on High for 4 hours.
- Place chicken breast onto serving plate, add a dollop of yoghurt on top and sprinkle with chopped fresh coriander leaves.

SLOW COOKER **CARDAMON** **CHICKEN CURRY**

