

Family friendly



# Chicken cashew curry

*Serves 1*

1 clove of garlic

2cm ginger, roughly chopped

1 green chilli, roughly chopped

Small bunch of coriander, stalks roughly chopped, leaves picked

1 tsp coconut oil

½ white onion, roughly chopped

1 tsp garam masala

1 tsp ground cumin

135g tinned chopped tomatoes

1 stock cube

115g skinless chicken breast fillet, sliced into strips

30g cashews, toasted and finely blended

40g yoghurt, such as Greek, natural, soy

A handful of green vegetables



## Method

Add the garlic, ginger, chilli and coriander stalks to a food processor and whizz until it's a smooth paste, then leave to one side.

Melt the oil in a wok or large frying pan over a medium-high heat. Throw in the onion and fry for 2 minutes, stirring regularly. Sprinkle in the garam masala, cumin and the paste and fry for 3–4 minutes. Pour in the tinned tomatoes and enough water to create a nice sauce. Crumble in the stock cube, then bring to the boil.

Add the chicken to the curry sauce and simmer for 4–5 minutes or until the chicken is cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally, stir through the cashews and yoghurt, sprinkle over freshly chopped coriander leaves and serve with your favourite green veg.