



REDUCED CARBOHYDRATE MEAL

Chicken cashew curry

INGREDIENTS (1 serving)

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FREEZABLE

- 1 garlic clove
- 2cm ginger, roughly chopped
- 1 green chilli, roughly chopped – remove the seeds if you don't like it hot
- ½ bunch of cilantro, stalks roughly chopped, leaves picked
- 20g (0.6oz) coconut oil
- 55g (2oz) onion, roughly chopped
- 1 tsp garam masala
- 1 tsp cumin
- 180g (5.9oz) tinned chopped tomatoes
- 1 stock cube
- 235g (8.2oz) skinless chicken breast, sliced into 1cm strips
- 55g (2oz) cashews, toasted and finely blended
- 95g (3.4oz) 0% fat Greek yogurt
- 170g (5.9oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

You don't need to go to India to enjoy a good ruby murray. This recipe is so simple and tastes great. This is a great meal to batch-cook and freeze when your prepping like a boss...

METHOD

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Blitz the garlic, ginger, chilli and cilantro stalks in a food processor until smooth, then leave to one side.

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

Add the chicken pieces to the curry 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 yogurt, sprinkle over freshly chopped cilantro and serve with a steaming pile of your favorite greens blanched, boiled or steamed.