



POST WORKOUT SET RECIPE OPTION

Guilt-free chicken tikka masala

INGREDIENTS (1 serving)

FREEZABLE

- 390g (13.7oz) skinless chicken breast, cut into 2cm cubes
- 3 tsp tikka curry paste
- 10g (0.4oz) coconut oil
- 2 garlic cloves, grated
- 20g (0.6oz) fresh ginger, grated
- 1 small red chilli, finely chopped
- ½ tsp ground cumin
- ½ tsp ground cilantro
- 25g (0.8oz) tomato paste
- 1 stock cube
- 245g (8.6oz) pre-cooked basmati rice or 80g (2.9oz) uncooked basmati rice
- handful of fresh cilantro, chopped
- 185g (6.5oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

A super-fast and tasty curry that is another winner on the batch cooking front. If you don't want it too hot take the seeds out of the chilli or even leave the chilli out altogether.

METHOD

Heat the grill to maximum.

Chuck the chicken in a bowl with the tikka paste and give it a good mix. Either skewer up the chicken or scatter on a baking tray. Slide under the grill and cook for 3-4 minutes on each side or until 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.

While the chicken is cooking make the sauce. Heat a non-stick saucepan to a medium heat and melt the coconut oil, add the garlic, ginger, chilli and spices and fry for 2-3 minutes. Now add the tomato paste, stock cube and a good splash of water to create a sauce, bring to the boil and simmer.

When the chicken is cooked carefully slide into the sauce with some fresh cilantro. Whack your rice in the microwave for 1-2 minutes, pile everything onto the plate with a portion of your favorite greens steamed, blanched or boiled.