

Fake-away

Chicken Curry

Serves 2

Submitted by: Mrs Jones

🕒 30 mins

1 tsp coconut oil
1 small onion, chopped finely
1 clove garlic (or 1 tsp garlic puree)

1 tsp ginger (or 1 tsp ginger puree)

1 tsp cumin

1 tsp turmeric

½ tsp cloves

1 tsp garam masala

Optional - 1 tsp curry powder for an extra kick!

2 chicken breasts

2/3 tin coconut milk

2 tbsp ground almonds

2/3 tin chopped tomatoes

2 large handfuls spinach

Greek yoghurt

Add rice to serve

Heat the coconut oil in a large pan, add the onions and cook until just starting to soften. Add the garlic and ginger and continue to cook until they are just turning golden brown.

Add the cumin, turmeric, cloves, garam masala (& curry powder if using) and stir into the onions. It should start to make a brown paste. Add the chicken and coat in the paste and continue to cook until the chicken is nearly cooked.

Add the coconut milk, ground almonds and bring to the boil. Add the chopped tomatoes and stir. Bring to a simmer and continue to cook for 10/15 minutes until the sauce thickens. Add the spinach and stir until wilted.

Take off the heat and stir in Greek yoghurt to taste. Serve with Rice, naan or for the low carb version, try with poppadoms or cauliflower rice.