

## OUR RECIPE

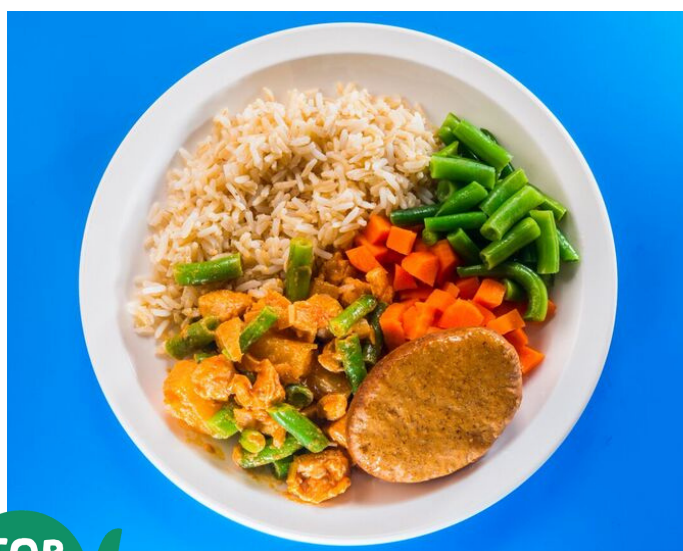
MEATY  
RECIPE

# Chicken Korma

Serves 6

## INGREDIENTS

30ml cooking oil  
180g diced chicken  
15g curry powder  
6g garlic puree  
30g onions  
120g chopped tomatoes  
120g coconut milk powder  
240ml water or pineapple juice  
120g chickpeas in water, drained  
60g pineapple chopped  
60g green beans



Enjoy with brown rice for a high fibre alternative.

## METHOD

1. Heat the oil in the pan and add the chicken fry for 10 minutes until coloured
2. Dice the onion and pineapple slices
3. Add the curry powder, garlic puree and the diced onion, cook for four minutes until spices are toasted
4. Add the chopped tomatoes and fold in
5. Mix the coconut milk powder with the water and mix in, add the chickpeas, diced pineapple and green beans and allow to simmer until the sauce is thickened and chicken has reached the correct temperature

Serving Suggestion - serve with a homemade cucumber yoghurt.