

Chicken Dhansak... less than 5% fat



Serves	Prep Time	Cooking	Total Time	Calories
4 people				448 kcal

Stuff that's in it:

- 360G White Onion (Diced Finely)
- 1 Red Chilli (Chopped Finely (Some Left Over To Sprinkle))
 - 4 Garlic Cloves (Chopped)
- 1 Tsp Fennel Seeds (Crush With Pestle)
 - 2 Tsp Ground Coriander
 - 2 Tsp Ground Cumin
 - 1 Tsp Ground Tumeric
- 600G Chicken Breast (Cubed)
 - 1 Can Chopped Tomatoes
 - 80G Tomato Puree
 - 1 Stock Cube (700Ml)
- 300G Butternut Squash (Cubed)
 - 200G Red Split Lentils
- 250G Fresh Courgette (Cubed)
 - 15 Sprays Fry Light Spray

What you do:

Take a heavy bottomed lidded pan, heat and spray doth fry light. Add the onion and cook gently for a few

minutes until soft. Add the garlic, chilli and ginger and cook down for a minute or 2. Add all the spices together and stir through. Add the chicken and brown all over. Add the purée, tomatoes then mix well. Add the squash, stock and courgette, stir through then add the Lentils making sure they are well incorporated into the sauce. Bring to boil then simmer for around 35-40 minutes or until the sauce is thick and the lentils are soft, Making sure the chicken is cooked through!

(Optional serve with fresh coriander, chilli and yogurt to complete the dish)

Nutrition

- Carbs: 48g
- Fat: 4g
- Protein: 52g

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