FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Garlic and tomato curry with low calorie onion



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**531 kcal**

Stuff that's in it:

• Boldonion Bhajis

• 200G Brown Onion (Sliced)

• 50G Flour

• 2 Tsp Cumin

• 1 Tsp Coriander Seeds (Crushed)

• 1 Tsp Paprika

• Lemon Juice

• Fry Light Spray

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• Boldgarlic And Tomato Curry

• 1Kg Chicken Thighs (No Skin, No Bone)

• 220G Cauliflower Florets

• 155G Brown Onion (Diced)

• 6G Ginger (Sliced Finely)

• 1 Tsp Cumin

• 1 Tsp Ground Coriander

• 1 Tsp Cardamom Seeds (Crushed)

• 1 Tsp Ground Cloves

• 1 Tsp Ground Cinnamon

• 1 Tbsp Medium Curry Powder

• 1 Tsp Paprika

• 1 Green Fresh Chilli

• 1 Tsp Tumeric

• Pinch Of Sweetener

• 1 Can Tomatoes (Cherry If Available)

• 1 Chicken Stock Cube (200Ml Water)

• Fry Light Spray

What you do:

Onion Bhajis:

Pre heat your oven to 200˚c.

Mix all the ingredients together and add some water to make a batter, spray fry light on some grease proof paper and make 12 balls of onion batter mix. Bake for around 15 mins or until brown.

Garlic and Tomato Curry:

Spray a deep heavy bottom pan with oil, gently fry the onion until starting to brown, add all of the spices and stir through for a minute or 2. Add the chicken and brown all over incorporating all the spices. Add the tomatoes, stock and sweetener, bring to the boil then cover and simmer for 40-50 minutes.

Serve with fresh green sliced chilli

Nutrition

• Carbs: 12g

• Fat: 29g

• Protein: 51g

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