FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Coconut curried pie



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**361 kcal**

Stuff that's in it:

• 550G Chicken Breast (Diced)

• 130G Sweet Heart Cabbage (Sliced)

• 250Ml Light Coconut Milk

• 3 Garlic Cloves (Finely Chopped)

• 1 Tbsp Olive Oil

• 1 Level Teaspoon Ground Ginger

• 10G Cornflour ((Add The Cornflour To The Chicken Stock And Whisk))

• 1 Tbsp (12G) Medium Curry Powder

• 250Ml Chicken Stock

• 2 Tsp Low Salt Soy Sauce

• 100G Onion (Chopped)

• 4 Pieces Fresh Filo Pastry

• 30G Spinach

What you do:

Pre heat your oven to 200˚c.

Heat an oven proof casserole dish and add a squirt of oil, add the chicken , carrot and onion and fry gently

for around 5 minutes , then add the garlic, ground ginger and curry powder, cook for 2 minutes. Add the chicken stock and stir through, then add the coconut milk and spinach and bring to the boil and simmer for 5 minutes.

Brush the sheets with the remaining oil, then scrunch and add to the top of the pie filling, shake some nigella seeds and pop it in the oven for 10-12 minutes until golden
Serve with vegetables or even rice.

Nutrition

• Carbs: 28g

• Fat: 9g

• Protein: 37g

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