FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Hardly any chicken cauliflower curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**358 kcal**

Stuff that's in it:

- 1 Tsp Fennel Seeds
- 2 Tsp Cumin Seeds
- ½ Tsp Ground Cinnamon
- ½ Tsp Chilli Flakes
- 1 Tsp Rapeseed Oil
- 1½ Head Cauliflower Florets
- 300G Butternut Squash (Cubed)
- 1 Can Chopped Tomatoes
- 350G Chicken Thigh (All Fat Removed)
- 1 Large Onion
- 4 Garlic Cloves
- 20G Ginger (Sliced)
- 1 Tsp Tumeric
- 1 Tsp Garam Masala
- 1 Tbsp Tomoato Purée
- 750Ml Chicken Stock
- 1 Tsp Stevia

• Yoghurt And Fresh Chilli ((Optional))

What you do:

Blitz your onion, garlic and ginger in a food processor until smooth.

In a large heavy based fry pan, heat the fennel, cumin, chilli and cinnamon until aromatic, careful not to burn, squirt of oil.

Add the turmeric and garam masala , stir through. Add the stock and tomatoes and a pinch of sugar or stevia sweetener. Bring to the boil and add the cauliflower and butternut squash, then add the chicken,□bring to the boil and then simmer for around 25 minutes until thickened, add the peas and warm-through for around 5 minutes,□□then serve with yoghurt and fresh chilli.

Nutrition

• Carbs: 29g

• Fat: 13g

• Protein: 30g

• Fibre: 10g

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