

## ☐Lazy coconut masala☐



Serves	Prep Time	Cooking	Total Time	Calories
<b>0 people</b>				<b>kcal</b>

### Stuff that's in it:

- 1 Tbsp Cold Pressed Rape Seed Oil Or Ghee
- 4 Chicken Breasts (Chopped Into Massive Chunks)
  - 1 Onion (Chopped)
  - 3 Garlic Cloves (Chopped)
- 4/5 Large Vine Tomatoes (Quartered)
  - Red And Orange Pepper (Diced)
- 1 Leek (Sliced, Chopped, Rinsed)
  - 2 Tbsp Tomato Purée
  - 1 Can Light Coconut Milk
- 1 Heaped Tbsp Tikka Masala Spice Paste
  - Fresh Coriander

### What you do:

Heat a large heavy bottomed pan, squirt oil, heat, add leek, onion and peppers, sweat for 5 mins, add garlic and chicken and tomatoes, cook until opaque all on outside, add purée and coconut milk, add fresh coriander bring to boil and simmer for 15/20 mins making sure chicken is cooked all the way through (75°c+)

## **Nutrition**

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