

☐Lazy coconut masala☐



Serves	Prep Time	Cooking	Total Time	Calories
0 people				kcal

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, sweet 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

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com