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| Healthy Chicken Curry |

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| Healthy Chicken Curry

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A quick, light chicken curry with coconut and spinach |  |

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| Ingredients |  |

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| • 250g Tilda Wholegrain Pilau Steamed Basmati  |  |

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| • 2 tbsp coconut oil  |  |

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| • 450g chicken breast, diced  |  |

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| • 1 large onion, diced  |  |

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| • 200g tinned, chopped tomatoes  |  |

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| • 3 tbsp mild curry paste  |  |

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| • 150ml water  |  |

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| • 150ml coconut milk  |  |

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| • 100g cashew nuts  |  |

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| • 200g fresh spinach  |  |

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| • 2 handfuls fresh coriander leaves, chopped  |  |

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| • 1 tbsp plain low fat yoghurt  |  |

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| Method |  |

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Cook

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| 1. Heat the coconut oil in a large pan, fry the onion for 2-3 minutes until soft  |  |

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| 2. Add the chicken and fry for a further 2-3 minutes  |  |

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| 3. Add the curry paste, cook for 2 minutes, add the water (if required) and chopped tomatoes. Season to taste  |  |

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| 4. Cook for 10 -12 minutes then stir in the coconut milk  |  |

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| 5. Add the cashew nuts, cook for 5 minutes adding the spinach for the last 2 minutes of cooking  |  |

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| 6. Stir in the yoghurt and coriander, serve with the cooked rice  |  |

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