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| |  |  | | --- | --- | | |  | | --- | | Healthy Chicken Curry | |  |  | | --- | |  |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | Healthy Chicken Curry  |  | | --- | |  |   A quick, light chicken curry with coconut and spinach |  | |  |  | | --- | |  |  |  | | --- | |  |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | Ingredients |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 250g Tilda Wholegrain Pilau Steamed Basmati |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 2 tbsp coconut oil |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 450g chicken breast, diced |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 1 large onion, diced |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 200g tinned, chopped tomatoes |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 3 tbsp mild curry paste |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 150ml water |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 150ml coconut milk |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 100g cashew nuts |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 200g fresh spinach |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 2 handfuls fresh coriander leaves, chopped |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | • 1 tbsp plain low fat yoghurt |  | |  |  | | --- | |  |  |  | | --- | |  |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | Method |  | |  Cook  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | 1. Heat the coconut oil in a large pan, fry the onion for 2-3 minutes until soft |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | 2. Add the chicken and fry for a further 2-3 minutes |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | 3. Add the curry paste, cook for 2 minutes, add the water (if required) and chopped tomatoes. Season to taste |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | 4. Cook for 10 -12 minutes then stir in the coconut milk |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | 5. Add the cashew nuts, cook for 5 minutes adding the spinach for the last 2 minutes of cooking |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | 6. Stir in the yoghurt and coriander, serve with the cooked rice |  | |  |  | | --- | |  |  |  | | --- | |  |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  |  | | |