

Fragrant chicken, lentil & coconut stew

2 tsps ghee or coconut oil
1 large white onion, finely chopped
1 inch piece fresh ginger, finely chopped
3 garlic cloves, finely chopped
2 green chilli peppers, finely chopped
650g chicken breast, diced
1 large butternut squash, peeled and diced
1 tsp curry powder
1 tsp ground turmeric
½ tsp ground cumin
½ tsp cayenne pepper
a small pinch of sea salt and ground black pepper
recently boiled water
400g tinned green lentils, drained
400ml unsweetened coconut milk
lime wedges, to serve

Serves 4

Per serving:

511 calories

23g fat

32g carbs

44g protein

Melt the ghee/oil in a large saucepan over a medium heat. Add the onions and fry gently for 5 minutes, stirring occasionally.

Add the ginger, garlic and chilli peppers. Stir well and fry for 1 minute.

Add the chicken. Stir well and cook for 5 minutes, stirring occasionally.

Add the butternut squash and dried spices. Stir well and cook for 3 minutes.

Add enough recently boiled water to almost cover the contents of the saucepan (approximately 1.5 litres). Cover and simmer gently for 15 minutes, stirring occasionally. Taste and add more seasoning if required.

Add the lentils. Stir well, cover and cook for 5 minutes.

Add the coconut milk. Stir well and cook for 3 minutes. Serve with lime wedges.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion: Enjoy on its own or with rice.

