

Chicken, coconut & lentil stew

1 tbsp ghee or coconut oil
1 large red onion, finely chopped
4 cloves garlic, finely chopped
1 inch piece fresh ginger, finely chopped
2-4 green chilli peppers, finely chopped
1 tsp sea salt
1 heaped tsp ground cumin
1 tsp paprika
1 tsp ground turmeric
1 small cinnamon stick
650g fresh chicken breast, diced
400g tinned chopped tomatoes
200g dried red lentils, rinsed
500ml vegetable stock (made with one organic stock cube)
200ml tinned coconut milk
1 tbsp fresh lime juice

to serve:

a sprinkle of fresh coriander, finely chopped
1 tbsp (per person) plain yoghurt (use dairy free if preferred)

Serves 4

Per serving:

454 calories
18g fat
25g carbs
48g protein

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

Add the garlic, ginger and chillis. Stir well and fry for 2 minutes, stirring frequently.

Add the salt, cumin, paprika, turmeric and cinnamon stick. Stir well and fry for 1 minute.

Add the chicken, stir well and cook for 3 minutes.

Add the tomatoes, stir well and cook for 5 minutes.

Add the lentils and stock, stir well and bring to the boil. Cover with a lid and simmer gently for 15 minutes, or until the lentils are tender. Add more stock during cooking time, if required.

Stir in the coconut milk and heat through for 1 minute.

Stir in the lime juice.

Serve garnished with fresh coriander and a spoonful of yoghurt.

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

