FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken and Peanut Stew



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**525 kcal**

Stuff that's in it:

- 360G Chicken Breast (Diced)
- 100G Smooth Peanut Butter
- 1 Can Light Coconut Milk
- 195G Brown Onion (Diced)
- 1 Can Chopped Tomatoes
- 3 Cloves Garlic (Finely Chopped)
- 169G Organic Carrots (Sliced)
- 8G Fresh Ginger (Sliced Finely)
- 500Ml Chicken Stock
- 430G Potato (Chopped Into Very Small Cubes)
- 200G Sliced Greens
- 5G Tumeric
- 10G Ground Coriander
- ½Tsp Dried Chilli Flakes
- ½ Lime Juice (Freshly Squeezed)
- 10G Fresh Coriander (To Garnish)
- 10G Fresh Chilli (To Garnish)

• Sesame Seeds (Optional)

What you do:

Heat the oil up in a large deep heatproof pan

Add the chicken and onion and fry for a few minutes, add the carrot and potatoes and soften for a minute or 2. Add the garlic and ginger, then add the spices (chilli flakes, turmeric, ground coriander)

Add the tomatoes and coconut milk, mix well, then add the stock and peanut butter and mix until combined

Bring to the boil, then simmer for 10-15 minutes, add the greens and simmer for another 5 minutes. Add a squeeze of lime juice and stir through, it should be nice and thick

Add sesame seeds and chilli to serve.

Nutrition

• Carbs: 42g

• Fat: 24g

• Protein: 35g

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