

Garlic and tomato curry with low calorie onion



Serves	Prep Time	Cooking	Total Time	Calories
4 people				531 kcal

Stuff that's in it:

- Boldonion Bhajis
- 200G Brown Onion (Sliced)
 - 50G Flour
 - 2 Tsp Cumin
- 1 Tsp Coriander Seeds (Crushed)
 - 1 Tsp Paprika
 - Lemon Juice
 - Fry Light Spray
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- Boldgarlic And Tomato Curry
- 1Kg Chicken Thighs (No Skin, No Bone)
 - 220G Cauliflower Florets
 - 155G Brown Onion (Diced)
 - 6G Ginger (Sliced Finely)
 - 1 Tsp Cumin
 - 1 Tsp Ground Coriander

- 1 Tsp Cardamom Seeds (Crushed)
 - 1 Tsp Ground Cloves
 - 1 Tsp Ground Cinnamon
- 1 Tbsp Medium Curry Powder
 - 1 Tsp Paprika
 - 1 Green Fresh Chilli
 - 1 Tsp Tumeric
 - Pinch Of Sweetener
- 1 Can Tomatoes (Cherry If Available)
- 1 Chicken Stock Cube (200Ml Water)
 - Fry Light Spray

What you do:

Onion Bhajis:

Pre heat your oven to 200°c.

Mix all the ingredients together and add some water to make a batter, spray fry light on some grease proof paper and make 12 balls of onion batter mix. Bake for around 15 mins or until brown.

Garlic and Tomato Curry:

Spray a deep heavy bottom pan with oil, gently fry the onion until starting to brown, add all of the spices and stir through for a minute or 2. Add the chicken and brown all over incorporating all the spices. Add the tomatoes, stock and sweetener, bring to the boil then cover and simmer for 40-50 minutes.

Serve with fresh green sliced chilli

Nutrition

- Carbs: 12g
- Fat: 29g
- Protein: 51g

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