

Hardly any chicken cauliflower curry



Serves
4 people

Prep Time

Cooking

Total Time

Calories

358 kcal

Stuff that's in it:

- 1 Tsp Fennel Seeds
- 2 Tsp Cumin Seeds
- ½ Tsp Ground Cinnamon
- ½ Tsp Chilli Flakes
- 1 Tsp Rapeseed Oil
- 1½ Head Cauliflower Florets
- 300G Butternut Squash (Cubed)
- 1 Can Chopped Tomatoes
- 350G Chicken Thigh (All Fat Removed)
 - 1 Large Onion
 - 4 Garlic Cloves
 - 20G Ginger (Sliced)
 - 1 Tsp Tumeric
 - 1 Tsp Garam Masala
 - 1 Tbsp Tomoato Purée
 - 750Ml Chicken Stock
 - 1 Tsp Stevia

- Yoghurt And Fresh Chilli ((Optional))

What you do:

Blitz your onion, garlic and ginger in a food processor until smooth.

In a large heavy based fry pan, heat the fennel, cumin, chilli and cinnamon until aromatic, careful not to burn, squirt of oil.

Add the turmeric and garam masala , stir through. Add the stock and tomatoes and a pinch of sugar or stevia sweetener. Bring to the boil and add the cauliflower and butternut squash, then add the chicken, bring to the boil and then simmer for around 25 minutes until thickened, add the peas and warm-through for around 5 minutes, then serve with yoghurt and fresh chilli.

Nutrition

- Carbs: 29g
- Fat: 13g
- Protein: 30g
- Fibre: 10g

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