

Slow cooker coconut chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				330 kcal

Stuff that's in it:

- 4 Whole Chicken Breast
- Juice And Grated Peel Of 1 Lime
- 5G Fresh Ginger (Finely Chopped)
- 2 Garlic Cloves (Finely Chopped)
 - 1 Onion (Sliced Finely)
 - 1 Red Pepper (Diced)
 - 2 Tsp Turmeric
- 2 Tsp Mild Curry Powder
- 1 Can Light Coconut Milk
- 1 Chicken Stock Cube (Crumbled Or Dissolved In A Tiny Bit Of Hot Water)
- 15G Cornflour (Mixed With A Little Water To Make A Paste)
 - 10G Desiccated Coconut (To Sprinkle Over)
 - Spinach Leaves To Add Just Before Serving

What you do:

Add the onion and peppers to your slow cooker, add the garlic, ginger, lime zest and juice. Add the curry powder and turmeric, then add the coconut milk, stock and cornflour mix, stir really well. Place the chicken breasts in the pot, stir them in well so the liquid just covers over the top of them, pop the lid on and

slow cook for around 5-6 hours.

Just before serving add the spinach and a sprinkle of desiccated coconut.

Goes well with rice or flat breads.

With rice (50g) around 500 calories

Nutrition

- Carbs: 14g
- Fat: 11g
- Protein: 39g

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