

Chicken Satay Curry

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With all the accompanying greens, this mouth-watering curry packs a great nutrient punch. This will definitely be a ‘go to’ meal during a busy week – and you can cut the prep time down to 5 minutes if you use frozen veges!

Serves	4	Per serve	
Prep time	15 minutes	Carbs	9.2 g
Cook time	15 minutes	Protein	36.9 g
Difficulty	●●●	Fat	34.2 g
		Energy	507 Cal

INGREDIENTS

- 2 tbsp coconut oil (or olive oil)
- 500 g chicken breast or thigh, sliced
- 1 onion, sliced
- 1-2 cloves garlic, chopped
- 1 tsp ground cumin
- ¼ tsp chilli powder (more if you like)
- 2-3 tbsp good-quality peanut butter
- 1 head of broccoli, cut into florets and the stalk peeled and finely sliced
- 250 g green beans, trimmed
- ½ punnet (125 g) mushrooms, sliced
- 400 g can coconut cream (or coconut milk)
- 1 large bunch of silverbeet, rinsed and chopped
- 1 red chilli, finely sliced

METHOD

Heat the coconut oil in a large frying pan over a high heat. When hot, add the chicken and brown on both sides, 1-2 minutes. Add the onion and garlic and cook, stirring, for another 3-4 minutes until the onion softens.

Reduce the heat to medium. Add the spices, stir briefly, then add the peanut butter, broccoli, green beans and mushrooms and continue to cook, stirring, for 2-3 minutes.

Add the coconut cream, bring up to a light boil and cook for 4-5 minutes until the sauce begins to thicken slightly. Add the silverbeet and allow to cook for 30 seconds to wilt.

Season well with salt and freshly ground black pepper, then serve straight away, topped with a sprinkle of sliced chilli.

