

'butter' chicken curry

 SERVES 3-4 ppl

 PREP TIME 10 mins

 COOK TIME 35 mins

PER SERVE

Calories: 356 Cal (or 1490 kJ)

Fat: 8.3 g

Saturated fat: 2.1g

Protein: 49.2g

Carbohydrate: 17.4g

Sugars: 14.8g

Fibre: 6.5g

Cholesterol: 114mg

Sodium: 785mg

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|---|---|
| <input type="checkbox"/> 750g chicken breast fillets skinless and boneless & sliced into 4cm pieces | <input type="checkbox"/> 3cm piece fresh ginger peeled & grated |
| <input type="checkbox"/> 3 teaspoons olive oil | <input type="checkbox"/> 50 g sachet tomato paste |
| <input type="checkbox"/> 1 large brown onion finely chopped | <input type="checkbox"/> 1 stick cinnamon |
| <input type="checkbox"/> 3 cloves garlic crushed | <input type="checkbox"/> 2 teaspoons garam masala |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 1 teaspoon ground coriander |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 1 teaspoon smoked paprika |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 1 teaspoon ground cumin |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 1 teaspoon - ground turmeric |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 1/2 teaspoon dried chilli flakes |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 400 g butternut pumpkin peeled & cut into 2cm pieces |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 500 ml (2 cups) chicken stock |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 400 g can diced tomatoes |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> 125 ml low-fat Greek style yoghurt |
| <input type="checkbox"/> 125 ml low-fat Greek style yoghurt | <input type="checkbox"/> Basmati rice or cauliflower rice to serve, optional |

Low in fat and saturated fat, high in protein

Heat oil in a large saucepan over medium heat. Add onion, garlic and ginger and cook, stirring often until onion is soft and translucent, about 4 minutes. Add tomato paste, cinnamon, garam masala, coriander, paprika, cumin, turmeric and chilli. Fry for a minute or so until aromatic.

Add pumpkin, chicken stock and tinned tomatoes. Bring to the boil. Reduce heat to low. Partially cover and simmer, stirring occasionally, 15 minutes until pumpkin is just tender. Remove cinnamon stick.



Add sliced chicken. Simmer until chicken is almost cooked through, about 7 minutes. Remove saucepan from heat. Stir through yoghurt. Return to low heat and simmer gently until warmed through.

Serve as is with a dollop of yoghurt or with steamed cauliflower rice or basmati rice.

Note: remember to include your calories for either of the rice options.

356 CALORIES

CHICKEN

LUNCH/DINNER

INDIAN INSPIRED

MODERN AUSTRALIAN