

Chicken Tikka Curry

CAL: 613 PROTEIN: 36 CARBS: 79 FIBRE: 5 FAT: 17



Chicken Tikka Curry



SERVES:
4



TIME:
35 minutes



INSTRUCTIONS

Bring a large non-stick skillet to medium-high heat. Add olive oil, onion and sweet potato. Cook for 6 minutes.

Add the chicken mince and cook for an additional 5 minutes, or until chicken is cooked.

Mix curry paste through thoroughly. Add tomatoes and stock and bring to a boil. Once boiling reduce the heat to medium and partially cover.

Allow the curry to simmer for 15 minutes. With 5 minutes remaining, stir through the kale. With 1 minute remaining, stir through the cream, and then remove from heat.

Divide rice into 4 bowls, top with curry and sprinkle with coriander.

INGREDIENTS

2 tsp olive oil
1 brown onion, chopped
200g sweet potato, peeled and cut into cubes
500g chicken mince
70g tikka curry paste
1 x (400g) tin tomatoes, chopped
125ml chicken stock
80g Tuscan kale
2 tbsp double cream
400g basmati rice, cooked
Coriander leaves, chopped, to serve

MACROS

Calories: 613
Protein: 36
Carbs: 79
Fat: 17
Fibre: 5