



CHICKEN CURRY

INGREDIENTS

2 tablespoons coconut oil
2 chicken breasts

2 sliced onions

5 chopped garlic cloves

2 tablespoons finely grated ginger

2 cinnamon sticks

5 green cardamom pods, bruised

4 whole cloves

2 bay leaves

10 fresh curry leaves

1 ½ teaspoons ground fennel

1 ½ teaspoons ground coriander

1 ½ ground turmeric

1 teaspoon smoked paprika

1 teaspoon mild curry powder

2 teaspoons sea salt

3 large chopped tomatoes

1 large sliced zucchini

400ml Nutraorganics Beef Bone Broth

Add 1 can of coconut milk at the end stages.

INSTRUCTIONS

- 1) Preheat the oven to 180 degrees
- 2) Melt the coconut oil in a casserole dish over medium heat. Add chicken and cook on all sides until golden and remove from dish.
- 3) Add onion to the casserole dish and caramelize for 5-8mins. Add garlic, ginger and cook for 1 minute. Stir in the cinnamon, cardamom, cloves, bay leaves and curry leaves for 1 min until fragrant. Reduce heat to medium-low add the ground spices and salt, stirring for 1 min until fragrant.
- 4) Increase heat to medium add chicken, tomato, zucchini and broth bringing to the boil
- 5) Transfer dish to the oven and bake for 40mins until chicken is cooked through, baste the chicken every now and then.
- 6) Serve over organic quinoa

Slow cooker

Follow steps 2-3. Transfer the spiced onion mixture, chicken, tomato, 280ml Nutraorganics beef broth and zucchini to slow cooker. Cover and cook on low for 6 hours until chicken is cooked through.