

Chicken Korma

Ingredients

Click the image below for a [video guide](#).



- 400g chicken, sliced
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- Thumb sized ginger, finely chopped
 - 1 tbsp curry powder
 - 1 tsp cumin
- 1 tsp ground coriander
 - 1 tsp chilli powder
- 100ml chicken stock
- 400ml coconut milk (light if available)
 - Handful of spinach

Method

1. Heat the oil on a pan and add your onion, cumin, chilli, coriander, garlic and ginger and fry for a couple of minutes until the onion softens.
2. Add in your chicken and stir well for a couple of minutes until it begins to brown.
3. Add in your stock and coconut milk. Stir before bringing to the boil.
4. Cover and simmer for 10 minutes, stirring occasionally until your chicken is cooked.
5. Stir in your spinach and serve with rice.

The Finer Details

Per Portion
297 Calories
34g Protein
22g Carbs
14g Fat
