



The Gathered Green

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CHICKEN COCONUT CURRY

This is one of my tried and true recipes which also allows you to throw in whatever veggies you have in the fridge. Thank you to yumly.com for the picture.

Ingredients

2 tsp ground cumin
2 tsp ground coriander
2 tsp ground cardamom
2 tsp ground turmeric
1 tsp ground chilli
5cm piece ginger, finely chopped
1 tsp salt flakes
1 kilogram of chicken thigh fillets or breast
1 tbsp peanut oil
1 onion, chopped
500g tomatoes, chopped
1 tbsp maple syrup
1 cup chicken stock (homemade or additive free)
400 g can coconut cream or milk
1 sweet potato, chopped
2 carrots, chopped
1 zucchini, chopped
1 small bunch of fresh coriander or parsley





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Method

Cut each thigh fillet or chicken breast in half. Heat oil in a large heavy based pan (with a lid), add chicken and cook on each side for 3-4 minutes or until brown. Remove chicken, set aside.

Add spices and onion to the pan and cook for 2-3 minutes.

Add the tomatoes and maple syrup, stir to combine and cook on low heat for 3-4 minutes.

Add stock and cream, bring slowly to the boil, reduce to a simmer.

Add vegetables (the list above are just suggestions, but use what you have available).

Add chicken, cover and simmer for 60 minutes or until chicken is tender and vegetables are cooked

Uncover and simmer for 10 to 15 minutes or until sauce has reduced to the desired consistency.

Sprinkle with fresh coriander or parsley (loosely chopped)

Serve with boiled brown rice or cooked quinoa

Note: Instead of leaving to simmer on the stovetop, this dish can be left to cook on low heat in the oven (oven proof dish and lid) for several hours. Check and stir every 45 minutes until chicken tender and vegetables cooked.

Enjoy!

Jane

