

Nutty chicken curry

This is a simple, delicious and healthy main meal.

The chicken can be replaced with Quorn for a vegetarian alternative.

Ingredients:

1 large	Red chilli
20g	Root ginger
1	Garlic clove
bunch	coriander
1tbsp	sunflower oil
4	chicken breasts
5 tbsp	peanut butter
150ml	chicken stock
200g	Greek yoghurt

Directions:

- Place a red chilli, ginger, garlic, half of the coriander and all the coriander stalks into a blender and whizz into a paste
- Chop up the chicken pieces into small cubes
- Heat the oil in a frying pan and brown the chicken for 1 minute
- Stir in the curry paste and mix together with the chicken
- Add the peanut butter, chicken stock and yogurt
- Cook for 10 minutes
- Cover with remaining chopped coriander
- Enjoy with rice, naan or sweet potato!