



Creamy Coconut Curry

SERVES 4

INGREDIENTS

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| 1 tablespoon extra virgin olive oil | 2 cups salt reduced chicken stock |
| 1 small onion, slice thinly | 100g green beans, trimmed and halved |
| 1 clove garlic, crushed | 100g mange touts, trimmed and halved |
| 4 x 120g chicken breast, skin and bones removed (females) | 1 red pepper, seeded and thinly sliced |
| 4 x 220g chicken breast, skin and bones removed (males) | ½ cup fresh coriander, roughly chopped |
| 1 teaspoon curry powder | 1 cup bean sprouts |
| 2 tablespoons ricotta cheese | |
| ¼ cup of coconut milk | |

METHOD

1. Heat oil in a wok on high heat. Add half the onion, garlic and half the chicken. Stir fry for 2-3 minutes until browned. Remove from wok and repeat with remaining chicken.
2. To the empty wok add the curry powder, ricotta, coconut milk and stock. Stir together and bring to the boil. Reduce the heat and simmer until sauce thickens, about 10 minutes.
3. Return the chicken mixture to the wok and add the beans, snow peas and pepper. Simmer for 4-5 minutes until the chicken is cooked through.
4. Remove from heat and stir in coriander and bean sprouts.

Serving suggestion: Serve on its own or on a bed of cauliflower rice (according to the recipe), topped with extra bean sprouts and coriander.

