



Zesty coconut chicken with coriander and garam masala

Offering a taste-bud jangling combination of comforting yet zingy flavours which complement each other beautifully, this coconut chicken recipe leaves you feeling satisfied, warm and quietly smug, because it's packed full of nutrition too. As the rice is cooked within the main dish, it simply oozes flavour.

Time to cook on the stove approximately 45 minutes, time to cook in the slow cooker approximately 5 hours.

Ingredients:

4 skinless organic chicken breasts	2 tbsp garam masala
400g/14oz can full fat coconut milk	1 tsp tamarind paste (optional)
400g/14oz can chopped tomatoes	170g/6oz of brown rice
3 large tomatoes, quartered	Chilli or cayenne pepper to taste
1 medium / large onion, roughly chopped	Juice of one lime
3 cloves garlic, roughly chopped	Handful of chopped coriander
A slice of butter or tbsp of coconut oil if cooking on the stove	Four handfuls of fresh spinach or 250g/9oz frozen spinach

To cook on the stove:

Use a large frying pan and melt some butter or coconut oil (even healthier!). Add the chopped onion and fry for 5 minutes on a gentle heat until it starts to brown. Add the garlic and fry lightly for a further 3 minutes or so. Add the chicken breasts, diced up into decent sized cubes (your own preference here). Fry chicken until browned slightly on all sides.

Add the garam masala and chilli or cayenne pepper and fry for 20 seconds to release the flavours, then add the coconut milk and tinned tomatoes and brown rice. Stir well. Bring to the boil, cover and let simmer for approximately 20 minutes, stirring occasionally. After 20 minutes add the quartered tomatoes and simmer for a further 15 minutes. If you are adding frozen spinach, add it 10 minutes before serving up. If you are using fresh spinach, you can mix it in just before you are ready to serve.

When the mixture is complete, add the freshly squeezed lime juice, tamarind paste and coriander leaves.

To cook in the slow cooker:

I cook on the high setting on my slow cooker - check the settings required for your own slow cooker. I cook this dish for approximately 5 hours. Add the chicken breasts (whole) as they will naturally break up as the cooking progresses. Add all ingredients except for the brown rice, spinach, coriander, lime juice and tamarind paste. Approximately one hour before serving up, add the brown rice and stir well.

If you are using frozen spinach, add this 20 minutes before serving up and give it a good stir every few minutes. Just before serving, add the fresh spinach leaves (if using), tamarind paste, lime juice and coriander.

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