



Chicken Curry

Ingredients:

- 1 kg of chicken thigh or breast meat cut into 2 cm cubes
- 1 tbsp of finely chopped garlic
- 1 tbsp of finely chopped ginger
- 1 tbsp of chopped coriander
- 1 tsp lemon grass (finely chopped)
- 2 tsp of turmeric
- 1 large sweet potato cubed

Method:

Fry up the chicken pieces in a little coconut oil until sealed

Add the sweet potato, garlic, ginger, lemon grass, coriander and turmeric

Add ½ cup of water and simmer until chicken and sweet potato are cooked.

Just before serving add a can of organic coconut milk and warm it through.

Serve over rice.
