

# Buttermilk Chicken Curry

Recipe recommended by Yasmine Fella  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	435kj	5%
Energy (kcal)	103kcal	5%
Fat	2.9g	4%
<i>of which saturates</i>	0.6g	3%
Carbohydrate	11g	4%
<i>of which sugars</i>	2.8g	3%
Fibre	1.5g	6%
Protein	7.2g	14%
Salt	0.28g	5%

Generated by Nutritics v5.61 on 09/09/2022

### INGREDIENTS: (Serves 3 – 493 kcal per 477g serving)

- 1x can of crushed tomatoes
- 2 chicken breasts, chopped into medium sized pieces
- 1 red onion chopped into small pieces
- 4 garlic cloves crushed
- 2 thumbs of ginger grated
- 1tsp tumeric, chilli powder, corriander, salt, cumin, cinamon
- 1 red chilli
- 1 bell pepper chopped into medium pieces
- 2 courgettes chopped into medium pieces
- 75g of raw cashew nuts, soaked for 20 minutes and blended with 50g of hot water (**TREE NUTS**)
- 130g of brown rice, cooked

### METHOD:

1. Dry fry your spices in a pan for two minutes, then add a tablespoon of oil and your crushed tomatoes and soaked cashews with water.
2. To a separate pan add your chicken until half way cooked, then add your vegetables, alongside your ginger, garlic, chillis and salt
3. Once your vegetables and chicken are nearly ready, blend your sauce with a hand blender in the pan.
4. Finally ad your vegetables and chicken to the pan with your sauce and allow to sit for a couple minutes

#### ALLERGENS



**TREE NUTS**

#### MODIFY

This meal can be made Halal with Halal chicken

It can be made vegetarian using beans or tofu or Pescatarian using fish & prawns

#### CREDIT

Recipe by: Yasmine Fella  
Photo by: Shutterstock

