

Chicken and Red Lentil Curry

A quick and easy curry recipe that could just as easily be made using roasted vegetables instead of chicken. The chicken is poached in the coconut milk which keeps it moist as chicken can often be overcooked and dry.



This recipe serves 4

You'll need;

- 400ml tinned coconut milk
- 4 chicken breasts
- 2 tsps. turmeric
- ½ tsp celery salt
- 1 tsp cumin
- ½ tsp chilli flakes (optional)
- 250ml chicken stock
- 1 cup red lentil, uncooked

Place the coconut milk, turmeric, cumin, and celery salt into a large pan on the hob and bring to the boil. Turn this down to a simmer and place your chicken breasts in the pan. Simmer for 20mins.

Add 200ml of hot chicken stock and 1 cup of red lentil along with the chilli flakes. Simmer for another 25mins.

Serve with some green beans, asparagus and some sautéed spinach.