

FIONA TUCK

NUTRITION WELLNESS YOGA



Firecracker Chicken Stir Fry

Ingredients:

1 tablespoon olive or coconut oil
500 g chicken mince
1 red long chilli, deseeded and sliced finely
2 cloves garlic, peeled and minced
1 teaspoon turmeric powder
1 teaspoon ginger powder
1/2 small bunch coriander, stalks chopped finely, leaves reserved to serve
1/4 small cauliflower, chopped finely
1 cup seasonal vegetables, chopped roughly
1 can coconut cream (270m), optional

Prep: 20 mins

Cook: 20 mins

Serves: 4

Directions:

1. Heat oil in a large pan set over medium-high heat. Add the chicken mince and working with a wooden spoon, break it up into small granules as it cooks.
 2. Once mostly cooked, add the chilli, garlic, turmeric, ginger and chopped coriander stalks. Mix well and cook for a minute before adding the cauliflower and vegetables.
 3. Stir fry for 5 minutes then cover and cook over medium heat for 4-5 minutes for the vegetables to soften slightly and the chicken to cook through.
 4. Add coconut cream, if using, and mix well before serving the stir fry topped with coriander leaves.
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