

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Chicken Turmeric Coconut Curry and Cauliflower Rice

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### Ingredients:

Prep: 15 mins

#### *For the curry:*

Cook: 25 mins

- 1 teaspoon olive or coconut oil
- 1 medium brown onion, peeled and sliced into wedges
- 1 tablespoon curry powder
- 1 teaspoon turmeric powder
- 1 can coconut milk (400ml)
- 1 chicken breast fillet, sliced finely

Serves: 2

#### *For the cauliflower rice:*

- 2 tablespoons coconut oil
- 1/2 small cauliflower, processed to resemble rice grains in size
- 2 sprigs coriander, stems chopped finely, leaves reserved to serve
- 1/2 teaspoon garam masala

#### *To serve:*

- 150 g green beans, stalk ends trimmed
- 100 g snow peas, stalk ends trimmed
- 1 fennel bulb, chopped roughly

### Directions:

1. To make the curry place oil, onion, curry powder and turmeric powder in a saucepan set over medium heat and cook, stirring, for 5 minutes or until the spices are fragrant and onion translucent.
2. Add coconut milk and allow the liquid to come to a gentle simmer. Drop in the chicken slices and bring back to a simmer. Turn off the heat, cover with a lid and allow the

chicken to poach for 20 minutes. To make the curry place oil, onion, curry powder and turmeric powder in a saucepan set over medium heat and cook, stirring, for 5 minutes or until the spices are fragrant and onion translucent.

3. Add coconut milk and allow the liquid to come to a gentle simmer. Drop in the chicken slices and bring back to a simmer. Turn off the heat, cover with a lid and allow the chicken to poach for 20 minutes.
  4. Meanwhile, heat oil in a large frying pan or wok set over medium heat. Add riced cauliflower, coriander stems and garam masala.
  5. Cook for 3-4 minutes, stirring for the flavours to mingle and cauliflower to cook evenly. Steam the green beans and snow peas for 2 minutes.
  6. Divide the cauliflower rice between serving bowl, top with the chicken curry and serve with steamed beans and snow peas on the side.
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