

# Chicken Korma<sup>®</sup>

Serves 4 - 6

4 Chicken Breasts cut into cubes

2 Onions - diced

Good Squeeze Garlic Puree or 3 cloves finely chopped

1 - 2 Tablespoons Korma Spice Blend

1 Chicken Stock Cube (preferably low salt)

100 grams Creamed Coconut

1 Tub Half-fat Crème Fraiche

25 grams Flaked Almonds (*optional - check that no-one has a nut allergy*)

3 Red Apples - cored and sliced

Gently fry the Onions and Garlic in a little Olive Oil until Onions are soft. Add Korma Spice and cook gently for a couple of minutes. \*Always cook spices early on in the dish to allow flavours to develop\*.

Add Chicken and cook until slightly browned (approx 5 minutes). Keep stirring so that it doesn't stick to the pan. Add the Apples.

Add Stock Cube and Creamed Coconut (and Almonds if using).

Simmer for approximately 15 minutes - check that Chicken is cooked by taking a couple of pieces out and cutting them in half. There should be no pink bits!

Remove pan from the heat and stir through the Crème Fraiche. Re-heat gently and serve with Rice.

*Curries are always thought of as being 'fattening foods' and indeed they can be. We have reduced the fat content in this dish by using Olive Oil - Monosaturate - and only a little at that. We have used a low fat version of Crème Fraiche to add at the end instead of Cream and we've also added Apples and Onions in the recipe as well as part of our FIVE A DAY. You could also add Sultanas - dried fruit is good for us.*