Coconut Chicken

**Ingredients**

Chicken, diced small 250g

Onions, 50g

Oil 10ml

Coconut, desiccated toasted for garnish 25g

Coconut milk ½ tins

Peppers, 75g

Garlic puree (or fresh garlic) 20g

Ginger, 20g

Coriander 20g

Green Chilli chopped 25g

Turmeric 1 tsp

Ground coriander 1 tsp

Almond essence (optional) 2ml

Yoghurt 50ml

**Method**

1. Start to fry the chicken then put the lid on to cook faster
2. Add the peppers ginger and garlic
3. Mix the coconut milk, yoghurt, ground coriander, almond essence, fine chopped chilli and turmeric Pour the coconut mixture over the chicken and cook for 5 minutes on a low simmer
4. Take care when serving and sprinkle the chopped coriander on top just before service

**Key Nutritional Points and Facts**

* Chicken and other meats are a great source of protein and are very versatile foods.
* Ingredients such as onions, garlic, ginger, turmeric, green chillis and coriander add a lot of flavour and the chillis will provide vitamin C.
* Using yoghurt in the recipe provides a source of calcium which is essential for healthy bones and teeth.
* The coconut milk is high in fat which is an essential nutrient but should be eaten in moderation.
* If served with wholegrain rice this meal would be a great balance of all the macronutrients including protein, carbohydrate, fibre and fat.
* NB. The almond essence may have a “may contain nuts” status so just check the packaging.