

CHICKEN THIGH COCONUT CURRY

Serves 2 - 3



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INGREDIENTS

4 chicken thighs sliced
1 tsp coconut oil
1 tsp gf soy sauce
1 brown onion sliced
1 large carrot sliced
1 tsp crushed garlic
1 small knob ginger, peeled & grated.
1/2 cup of lite coconut milk
1/4 cup water
1 tbsp of curry paste
1 large handful of baby spinach

INSTRUCTIONS

First stir-fry the chicken thighs in coconut oil and soy sauce for a couple of minutes until cooked. Once cooked place in a bowl to the side.

Place all remaining ingredients into the frypan, except spinach, and allow to simmer for about ten minutes.

Add chicken and baby spinach to the pan and simmer for a further 2 minutes.

OPTIONS & TIPS

You can add any other vegies that you like to this recipe.