

Chicken or Turkey Breast Curry (Serves 4)

Ingredients

2 onions, diced

2 cloves of garlic, crushed

4 chicken or turkey breasts, cubed or cut into strips – check fat exchange list for fat content

1" fresh ginger, grated (or 1 teaspoon ground ginger)

1 teaspoon cumin

2 teaspoons garam masala

2 red or green peppers, deseeded and sliced

Salt & pepper

2 tablespoons MCT Oil

2 tablespoons tomato puree

½ teaspoon chilli powder

½ teaspoon sugar

300ml vegetable stock (1 stock cube) – check fat content on label

Method

1. Dry fry the onions and garlic in oil until soft and then brown the chicken.
2. Place the remainder of the ingredients into a large saucepan with the chicken, onions & garlic.
3. Bring to the boil and then reduce to simmer for 25 minutes or until the chicken is cooked.
4. Check regularly and add a little water if necessary.
5. Serve with fresh coriander.

Serving Suggestion

To give a milder flavour for younger children, stir in fat-free yoghurt or fromage frais into their portion just before serving.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics
National Centre for Inherited Metabolic Disorders